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Town Manager's Corner



Michelle Benivegna, Town Manager

As we turn the page to a new year, I want to wish everyone in Clinton a happy and prosperous 2025! The start of the calendar year is always a time for new beginnings, reflections on accomplishments, and planning for the future. It's also a critical time for our town, as we embark on the process of shaping the most important policy document for our community: the annual budget.

The budget is the single most significant policy document the Town Council works on each year, setting the priorities and financial plan for the year ahead. The process begins with Town Departments submitting budget requests to the Town Manager. These requests are carefully reviewed and amended by the Town Manager before being presented to the Town Council in February.

This initial presentation, which includes input from both the Town Manager and the Superintendent of Schools, sets the stage for thorough review and collaboration between the Town Council and the Town Manager. The goal is to craft a budget that aligns with our town's needs and priorities. A public hearing, scheduled for early April, will provide an opportunity for Clinton residents to share their input before the final Budget Referendum in May. Your participation is vital in shaping our community's future, so please stay engaged as this process unfolds.

Continued on page 5

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Town Manager... *Continued from page 3*

Beyond the budget, Clinton has seen some exciting developments in recent months. Our Clinton Police Department (CPD) continues to grow and make us proud. We are delighted to announce the hiring of Ken Cain as Captain of the CPD. Captain Cain brings over 25 years of distinguished experience, including serving as Lieutenant Colonel and Commanding Officer of Field Operations for the Connecticut State Police. His leadership will undoubtedly strengthen our already exceptional team. Furthermore, the CPD has been honored by the Connecticut Police Chiefs Association Officer Wellness Committee as a 2024 recipient of the Serve Well, Be Well award. This recognition underscores our officers' commitment to prioritizing health and well-being, from "hire to retire."

Another milestone is the progress on the redevelopment of Pierson School. On December 18, 2024, the Clinton Town Council approved a tax abatement

agreement with Xenolith Partners CT LLC, paving the way for a transformative project. The redevelopment will convert the historic school into 50 apartments, primarily for seniors aged 62 and older, with the addition of a new wing. The gymnasium will serve as a senior center, leased back to the town for just \$1, ensuring it remains a resource for community programming. The iconic lawn, gazebo, and statues will be preserved for residents' enjoyment. This redevelopment promises to honor the legacy of the Pierson School while providing much-needed housing and resources for our community.

Looking forward, Clinton is also focused on improvements to the marina area of town, made possible through ARPA (American Rescue Plan Act) funds and additional grant opportunities. These upgrades aim to enhance the marina's functionality and appeal, creating a space that residents and visitors alike can enjoy.

As a coastal town, the marina is a critical asset, and we are committed to investing in its future.

Additionally, our Parks and Recreation Department has been hard at work completing several projects that will be ready for the community to enjoy when the spring weather arrives. These include new pickleball courts and other facility improvements, offering enhanced recreational opportunities for residents of all ages. These upgrades reflect our town's commitment to fostering a healthy and active lifestyle.

As we enter 2025, let's celebrate these achievements and look forward to what's ahead for Clinton. Thank you for your continued dedication to making our town a wonderful place to live, work, and thrive.

Here's to a year filled with progress, connection, and shared success!

Michelle Benivegna

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Food For All Garden

Did you know that there is a one-acre garden in Clinton just off Main Street that supplies thousands of pounds of fresh vegetables every year to local food pantries? The Food for All Garden is a



non-profit garden located behind the Holy Advent Church. All of the vegetables, herbs and flowers we grow are harvested and donated to local services such as the Clinton Food Pantry. Did you also know that the Food for All Garden is run entirely by volunteers? Days spent working together in the garden foster new friendships among the groups of volunteers, young and old.

We are excited about starting our 13th season of growing vegetables for those in need, and would love to share our enthusiasm with new volunteers. People say, "This is more than just a garden." Wouldn't you like to be part of it? Come visit any time. What are your plans for the spring? Please join us and make a difference while you are making new friends.

Get involved in the garden this year and help our neighbors experiencing food insecurities. Don't have any gardening skills? That's not a problem; it takes more than garden know-how to keep the garden growing. We welcome volunteers of all interests and abilities. We are in the garden from April to November on Wednesday mornings. Our motto is "Come when you can, leave when you have to."

If you would like to support this all-volunteer effort with financial or in-kind donations, please contact us by email at foodforallgarden@gmail.com, through the Food for All Garden Facebook page, or our website, www.foodforallgarden.org. Donations may be made directly on the website. Help is always needed, and very much appreciated. We couldn't do this without the support of the entire Clinton community. Keep the Garden Growing!

Want to know more about the garden? Follow us on Facebook – Food for All Garden.

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Golf Tournament

Frigid temperatures and wintry weather may have made golf the furthest thing from people's minds, but The Clinton Education Foundation and the Clinton Lions Club have been anticipating the return of spring by getting ready for their golf tournament, the Clinton Education Foundation/Clinton Lions Club Family Golf Classic.

This year's annual tournament will be held on Monday, June 23 at the Clinton Country Club. The tournament serves as a means to raise money to support the work of these two community service organizations. The Clinton Education Foundation, a non-profit 501(c)3 organization launched in 2006, has as its mission "to enhance public school education" in the town of Clinton. The foundation accomplishes its mission by providing financial support for initiatives that create educational opportunities for the children of Clinton, opportunities that are not funded by the town or other public-funding sources. We annually award grants and scholarships to public school students and teachers which enable them to pursue their dreams and passions.

The Clinton Lions Club is a community service organization that offers scholarships and sponsors youth activities, performs annual eye screening at the elementary and middle schools, funds the DARE program for the school district, and helps supply our police officers with life-saving Narcan.

**Monday
June 23
at the
Clinton Country
Club**



In the months preceding the tournament, members of the Education Foundation and the Lions Club will be soliciting donations of goods and services for raffle and auction at the tournament. These donations are a great way to support these two organizations and to get your name out into the community. Sponsorships are also available at a variety of levels and are another great way to advertise your business or organization.

In addition to golf, there are a limited number of dinner tickets available for non-golfers. If you would like to become a sponsor or make a donation of a raffle or auction item, please visit the CEF website at clintoneducationfoundation.org or contact the Clinton Education Foundation/Clinton Lions Club at P.O. Box 684, Clinton, 06413.

Both organizations are looking forward to June 23, when summer returns to Clinton and the greens are free of snow and open once again.

Celebrating Good People Doing Great Things...

Now, and throughout the year, we celebrate all the good people making great things happen in Middlesex County.

Thank you for putting your hearts and dollars to work in our local communities.

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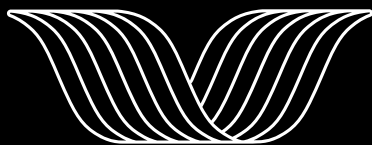
Clinton Land Trust

2024 Accomplishments

Reflecting on 2024, I am so proud of what the Clinton Land Trust has accomplished. The CLCT board has a collective goal of making Clinton a better place to live and to honor our new mission statement: "To protect Clinton's land, water and quality of life through conservation stewardship and environmental education." For a small, 100% volunteer organization, we are motivated and determined. As President, I feel good knowing that this is what we have done throughout 2024 and will continue to do so. Studies show that exposure to nature has proven health benefits. The board strives to make our trails accessible for all. We encourage and educate our Clinton youth about the importance of being stewards of the environment. We expose them to programs at young ages so that they can appreciate and gain a love of the environment in their own backyard. We are very concerned about protecting Open Space in Clinton. Currently, we are working (in collaboration with Clinton's Conservation Commission) to acquire grants to obtain a property that would be contiguous to one of our other properties. Some of our accomplishments in 2024:

- Maintained our properties which include cleaning up parking areas, repainting vandalized signs, trimming dangerous limbs, clearing blockages on trails, mowing meadows, weed whacking and so much more.
- Managed Joe O'Brien's Eagle scout project at Chittenden Hill Preserve which replaced many rotten planks over the swamp.
- Installed new plank walks at Jesse Buell.
- Relocated a bridge that has washed downstream at Dean Haag Nature Preserve.
- Posted "Preserved by CLCT" signs around Clinton which identifies CLCT's properties.
- Removed trees and cleared brush from the Hammocks parking area.

Continued on page 10



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Clinton Historic District Commission

The Clinton Historic District Commission's program for recognition of an antique property's restoration, recognizes its third Honorable Mention of a property whose restoration used modern exterior materials, such as vinyl siding, rather than materials common to the era when the structure was originally built. As with HDC's previous honorable mentions, though no photo will be hung on a wall at Andrews Memorial Town Hall, there is recognition in the press. We are hoping that such public recognition will encourage more people to repair and restore their antique properties. HDC's third honorable mention goes to Julio Riera and his JRGA Investment Group LLC for their wonderful restoration of the house at 78 East Main Street, which was originally built in 1909.



Photograph by Rich Geer.

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Clinton Land Trust... *Continued from page 8*



Ecology Camp

- Sponsored the winter Tracking Program and the spring Peeper Prowl at Indian River.
- Sponsored scholarships to the Bushy Hill Nature Center summer camp and Ecology Camp.
- Awarded the 2024 Alice and David Crosby Scholarship.
- Led stations at the 4th grade Marine Science Day.
- Installed John Himmelmann's Noisy Bug Sing-along story walk at Peters Woods.
- Co-sponsored with HCH library educational programs and two story walks.
- Organized and participated in the Clinton Beach cleanup.



Beach Cleanup

A unique highlight in 2024 was sponsoring the Wild and Scenic Film Festival along with the Madison Land Trust. This was a fundraiser for both land trusts which showed diverse environmental films to a sold-out audience.

CLCT is a nonprofit organization that depends on your generosity to acquire additional property and provide educational programs. Please consider making a financial contribution and/or a donation of property, which will go a long way towards protecting and preserving precious land now and for future generations.



Story walk

To find out more information about how to make a tax-deductible contribution, please visit us online at <https://www.clintonlandtrust.org/>.

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From the Town Clerk's Office

Important dates to remember:

April 16th – Absentee Ballots become available for the budget referendum

May 14th – Budget Referendum, 6 am to 8 pm in the Green Room at the William Stanton Andrews Memorial Town Hall, Green Room

Permanent Absentee Ballot for Disabled

Public Act #11-173: A disabled elector can file an Absentee Ballot Application together with a doctor's certificate stating that they have a permanent disability and are unable to appear in person at their polling place to obtain Permanent Absentee Ballot status. The law does not prescribe an official form to be used so a note from the elector's doctor, presumably on letterhead, indicating the disability would satisfy this requirement.

Once the Application and doctor's certificate are received by the Town Clerk a copy will be provided to the Registrars of Voters to record on the Voter Registration Systems.

Absentee Ballots will then be automatically mailed to the elector from the Town Clerk's office for eligible elections that allow for an Absentee Ballot to be mailed.

Additional information can be obtained by contacting the Town Clerk's office at 860-669-9101, Monday to Wednesday 9:00 am to 4:00 pm, Thursday 9:00 am to 7:00 pm and Friday 9:00 am to 12:00 noon or email: townclerk@clintonct.org

Sports licenses (fishing & hunting) are available in the Town Clerk's office as well as on the DEEP website.

Shellfish licenses are available in the Town Clerk's Office or online at www.clintonshellfish.org.

The shellfish beds are open all year. We only accept cash or check for payments or you can purchase online at www.clintonshellfish.org with a credit card.

If you should have any questions, please call the Town Clerk's Office at 860-669-9101 or email townclerk@clintonct.org

*Sharon Uricchio, MCTC
Clinton Town Clerk*

Can I Have an Accessory Dwelling Unit, "In-Law Apartment"?

People often come into the Land Use Office looking for a way to configure their property to have an elderly parent move in or a young adult child who may not be able to afford a rental on their own. In other situations, a property owner may be looking for a way to earn additional income with a small rental unit on their property.

Per Zoning Regulation 28.4 Accessory Dwelling Units foster affordable housing alternatives in the Town of Clinton.

Accessory Dwelling Units shall be self-contained with their own bathroom, kitchen and bedroom.

They are allowed by Administrative Zoning Permit in all Residential Zone Districts. One ADU is permitted per lot. The ADU can be located in the main

house or in a separate structure, such as in a barn or upper level of a garage.

The ADU can have a maximum of two bedrooms. It shall not exceed 1,000 square

feet or 30% of the floor area of the principal dwelling, whichever is less. It has to meet Health and Building Codes.

If you would like more information on Accessory Dwelling Units, please contact the Land Use Office. We are always here to help.

Kathy Savona, Certified Zoning Enforcement Officer and Wetlands Enforcement Officer



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Contact: **Sarah Borgnis-Tobin**

Head of Outreach & Adult Programs,

sarah@hchlibrary.org | (860)669-2342

** No Registration Required Unless Noted*

Adults

To launch the new year, we are introducing 34 new items to our Library of Things. Need to test your soil, repair your bike, play a record, or weigh your luggage? Want to try your hand at pickleball or tarot? For all this and more, we've got you covered. More than 30 patrons joined us on January 12 to test out the items, and they're all ready for you to borrow.

Our new Tech Guide, Ella Franzoni, joined us in January! She'll be available for one-on-one help on the following dates:

Saturday, April 12	12-4 pm
Saturday, May 10	12-4 pm
Saturday, June 14	12-4 pm

Our Town Manager, Michelle Benivegna, will join us on March 13th at 5:30 pm to answer your questions and speak with us about progress in Clinton. Last August, Michelle came to the library and spoke with more than 60 patrons about their questions and concerns. Have questions about how something works in Clinton? This event is for you!

On February 27 at 6 pm, Allison Black joined us to speak about her experience working as a seabird observer on federal research vessels. Allison is the secretary of the Connecticut Ornithological Association, and was a part of the Connecticut Audubon Society's "Young, Gifted, and Wild About Birds" lecture series last year.



Image courtesy of Allison Black

Parenting Series

The Anxious Generation, by Jonathan Haidt, was selected for One Book One Community. Books are available at the library in both English and Spanish. All events below take place at The Morgan School, and childcare will be available.

Social Media or Social Menace?

Parents of middle and high school students
Tuesday, 3/25 6:30-8 pm

Hope for the Future: Practical Strategies for Solutions

Parents of all ages and grades
Tuesday, 4/29 6:30-8 pm

Over the last few months, we've had programs on topics ranging from ADHD awareness to Puccini, traveling around Connecticut, and the history and culture of the Mohegan tribe. We're so grateful to our community for having such broad interests!

Teens

For teens aged 12-18, we have a lot of exciting events lined up. Join us on Tuesdays from 3:30 to 5 pm for our Wandering Minds club. This club is a place for teens with ADHD to meet up and hang out with fellow neurodivergent peers.

On Tuesdays we have our ongoing Dungeons and Dragons campaign from 3 to 5 pm. Missed the start? Keep an eye out and we will announce when the next campaign is going to begin.

Every Friday from 3 to 5 pm teens can stop by the teen room for DIY Den. This is a general crafting program where supplies are provided and teens bring their imagination. Teens are also encouraged to bring projects they are working on.

For teens interested in World War II we offer Battles and Beyond: an Exploration of World War II. We will meet on March

20th from 12:45 to 3:35 pm, April 24th from 3 to 5 pm and May 22nd from 3 to 5 pm. In this program teens will watch a movie and make a craft that revolves around the theme of the movie. Registration is required.

Passionate about food or just plain hungry after school? Join the teen librarian and learn to make quick, easy snacks with items you probably already have at home. This club meets on March 27th, April 17th, and May 12th from 3:30-4:30 pm. Registration is required.

Go to hchlibrary.org/events/upcoming for more information and to register for programs.

Kids

We're wrapping up a great winter of children's programming, and we have lots of exciting activities on the horizon! On March 1st, the Grove School Children's Theater Troupe put on a short performance of *The Day the Crayons Quit*, the beloved children's picture book by Drew Daywalt.

We'll continue to run all of our favorites, including:

- Read to Bee: Mondays at 4 pm, registration required
- Lego Club: Mondays from 4-6 pm
- Playdough Playdate: Wednesdays at 10:30 am
- Baby & Me: Tuesdays at 10 am and 4 pm, registration recommended
- STEAM Lab: Fourth Thursday at 4 pm, registration recommended
- Splash Into Art with Kristin Cafferty: March 20 at 4 pm, registration required

Keep an eye on our website for children's spring program registration!

Continued on page 13



**COMMUNITY
FOUNDATION**
of Middlesex County

Library of Things Program

Our Library of Things Program is funded through a grant from the Community Foundation of Middlesex County Fund.

The Community Foundation of Middlesex County is a nonprofit organization dedicated to improving the quality of life in Middlesex County, and to help Good People Do Great Things. The mission of the Community Foundation of Middlesex County is to improve the quality of life for the people of Middlesex County now and in the future by developing endowments, making grants that have impact, and assisting donors in meeting their philanthropic objectives. Our interests are your interests, including animal welfare, arts and culture, health and social services, education, history, the environment, civic improvements, recreation, and economic security and opportunity. We welcome conversations with good people who want to do great things. For more information, contact us at 860.347.0025 or info@MiddlesexCountyCF.org.



Getting Outdoors with the Clinton Arbor Garden Club

After a long winter's nap, our club is gearing up for a busy season. Public programming and special events tend to occur in rapid succession in the spring, so mark your calendars for the following dates. Note that all lectures will be held at the Henry Carter Hull Library, located at 10 Killingworth Turnpike in Clinton. For additional event/site information: 203-710-0133.

Thursday, March 13, 6:30 pm - "Improving Soil in the Home Garden"

Our first public lecture of the year begins, of course, with the basics. Our best efforts in the garden must begin with good soil. Gregory J. Bugbee, Associate Scientist at the CT Agricultural Experiment Station, will share the why's and how-to's of this important first step.

Thursday, April 10, 6:30 pm: "Molds, Mushrooms and Mycorrhizae: Fungal Friends and Foes in the Garden"

Though not showstoppers, fungi are important players in our garden landscapes. Sarah Selke, Ph.D., Master Gardener and Biology Professor at Connecticut State Community College Three Rivers, will introduce participants to a variety of fungal friends and foes present in our gardens.

Friday, April 24, 2025, 10:00 am: Arbor Day Tree Planting

Commemorate Arbor Day by joining members of both the Clinton Arbor Garden Club and the town's Tree Committee in the planting of one or two trees in our public spaces. This partnership serves to beautify our town and improve our air quality. Planting location to be determined. Check our Facebook and Instagram pages for details in April.

Saturday, May 3, 10:00 am - 4:00 pm: Spring Market, Abraham Pierson Green/Vece Gazebo 75 East Main Street, Clinton

Support the Clinton Arbor Garden Club at our Spring Market Annual Fundraiser. This event showcases the works of over 35 artisan vendors, as well as our own club members' handmade items, baked goods, and live plants. Also offered are live demonstrations on flower arranging, workshops, and an Ask the Master Gardener kiosk.

Thursday, May 8, 6:30 pm: "Creative Container Design"

Container design dates back some 5,000 years and is still going strong! Popular plant choices include succulents, houseplants, edibles, and herbs. Returning presenter, Karla A. Dalley, Landscape Designer and Columnist for West Hartford Magazine, will demonstrate how to correctly plant a container, proving that you don't have to have a garden to enjoy this trend.

Saturday, May 10, 10:00 am - 5:00 pm: Mother's Day Plant Sale at Grove Gardens, 341 East Main Street, Clinton

Members of the Clinton Arbor Garden Club will be on hand at Grove Gardens Nursery and Garden Center to help with the Mother's Day rush. Whether shoppers are searching for gifts for Mom or need guidance planning their outdoor plantings for the season, club members, easily recognized by their khaki aprons, will be available to assist. Grove Gardens is a proud supporter of the Clinton Garden Club in a variety of ways.

Follow the Clinton Arbor Garden Club on Facebook and Instagram. Contact us at clintonarborgardenclub@gmail.com.

Tax Collector

Important Information Regarding Unpaid Town Taxes

This is a friendly reminder to pay any outstanding town taxes you may have. Tax Payments are due July 1, 2024 and January 1, 2025.

How to Make a Payment

- In Person: Visit our office and bring a copy of your tax bill(s) for reference. We accept cash, money order, or bank check.
- Online: Pay online at www.clintonct.org. There are two payment options:
 - Credit Card: This option incurs a convenience fee of 2.99%.
 - Electronic Check: This option has a flat fee of \$0.95.

Payment Requirements for Motor Vehicle Registration

If you need to register or re-register a motor vehicle, all outstanding taxes must be paid in full before you can obtain the necessary documents.

Having Difficulty Paying?

We understand that sometimes financial difficulties can arise. If you are having trouble paying your taxes, please contact our office as soon as possible to discuss payment options, or the Assessors office to see if you qualify for any income-based programs.

Upcoming Actions for Delinquent Accounts

- March 2025: Delinquent tax notices and intent to lien notices will be mailed.
- April 2025: Liens will be filed for unpaid accounts.
- Unpaid Motor Vehicle Accounts: These accounts will be turned over to American National Recovery Group, a collection agency located in Pennsylvania.
- Unpaid Real Estate Accounts: These accounts will be turned over to Attorney Adam Cohen from Pullman & Comley in Bridgeport, CT.

We encourage you to contact our office if you have any questions or concerns. We are here to help!

Contact Information

- Tax Collector 54 East Main Street
- Phone: (860) 669-9067
- Office Hours: Mon-Wed 9-4, Thursday 9-7, Friday 9-12

Thank you for your cooperation.

Sincerely,

Lisa Bibbiani, CCMC Tax Collector

Want to Reach Every Home in Town?
Call Ward Feirer
914-806-5500

MARY'S CULINARY KIDS' COOKING CLASSES

The Kids Cooking Class Series with Mary Amter is a unique culinary experience open to kids ages 6-14. Cooking classes are hosted in a safe environment and encourages discovery and creativity. Each class is a new experience where youngsters create and sample the food they prepare. Every month is a new theme. Kids will learn the basics of kitchen safety: proper food handling, food preparation, cooking techniques, presentation and much more. Each class runs after school from 3:30 – 5:30 pm and costs \$40 per class. Below is a list of classes available now for registration:

- March 19 – Leprechaun Pancakes and Over-the-Rainbow Cupcakes
- April 7 – April Fool's Meatball 'Cupcake' and Sunny-Side-Up 'Eggs' Cupcakes
- May 13 – Broccoli & Cavatelli and Spring Chex Mix
- June 4 – Chicken Caesar Wrap and S'mores Cups

Registration can be done online at: <https://parkreccintonct.recdesk.com> or over the phone at 860-669-6901.

APRIL BREAK CAMP

Look for our April Break camp again this year. The camp will run from April 14-18. Activities will include capture the flag, scavenger hunts, tag games and more. Registration is open now at <https://parkreccintonct.recdesk.com>

ADULT CO-ED VOLLEYBALL OPEN GYM

Come have some fun and join us for a friendly game of volleyball. The games, played on Monday evenings from 7–9 pm at the Eliot school gym, are available until June 3.

ADULT BASKETBALL

Men's basketball will be available again at the Eliot school gym in Mid-March, after the school's basketball season.

JOIN OUR TEAM!

Summer Positions are available at the Town Beach! We're hiring for the upcoming summer season! Available positions include:

- Maintenance Staff
- Gate Attendants
- Lifeguards
- Concession Stand Workers

*Don't wait—secure
your summer job
today!*

If you're interested in joining our team, please contact the office at 860-669-6901 for more information or to apply.

The Clinton Parks & Recreation Department

PICKLEBALL

Our three lighted pickleball courts at the Indian River Recreation Complex are currently closed for the winter season and will re-open in the spring.

BOAT RACK RENTALS

Boat rack rentals begin April 1 at 9 am for this year's boating season (May 1 – October 31). Online registration is not available for this offer. To rent a rack, you must show proof of residency and fill out a registration form at the Parks and Recreation Office (201 Killingworth Turnpike – Route 81). Our boat racks are located at the Clinton Town Beach, behind the Clinton Town Hall and at Esposito Beach (next to Rocky's) for \$125 for the season. No early registrations or requests.

CLINTON SENIOR CONNECTION ACTIVITIES @ IRR

The Clinton Senior Connection offers a wide variety of events and classes—many of which are hosted at the Indian River

Recreational Complex—from chair yoga, tai chi, line dancing, and cardio drumming. For a full list of events and locations, visit ClintonCT.org under the Departments tab and select Senior Program. Here you'll be able to sign up for monthly newsletters and view the calendar of activities for adults 55 and up, as well as read up on other very helpful topics. If you have any questions, contact Program Director, Christina Acampora at cacampora@clintonct.org.

ZUMBA

Zumba is exercise in disguise! It's a Latin-inspired dance fitness class that uses international music and dance rhythms for the ultimate exercise experience. No need to know how to dance. A non-competitive party atmosphere where participants can interpret dance rhythms with their own creativity. Classes are offered on Saturday mornings from 10:30 – 11:30 am and Monday evenings from 5:30 – 6:30 pm. Pre-registration is not required, drop-ins

are always welcome. Open to Residents and Non-Residents. Cost is \$7 per class for those who are registered and \$10 per class for drop-ins.

LYT YOGA® (Ages +16)

The LYT Yoga® method is a core-based vinyasa practice. It addresses the body's imbalances to create better movement patterns by remapping the brain-body connection and connecting to the core to create more energy in our bodies and lives. Please bring two yoga blocks. Instructions provided for all levels. Taught by Christina "Thia" Wrightsman. Offered on Fridays at 5:30 pm at the Indian River Complex Multi-Purpose Room.

Please check our Facebook page (Clinton CT Parks & Recreation) and Instagram page (ClintonCTPR) to keep up to date on our programs/events throughout the year or visit our website at: <https://parkrecclintonct.recdesk.com>.

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Clinton Shellfish Commission

The 2025 shellfish season is upon us. Licenses are now on sale from the clerk's office at the Town Hall, and the Dockmasters office at the Town Dock. All license prices, shellfish regulations and more are available online WWW.CLINTONSHELLFISH.ORG. You can even purchase a license on the website.



Due to regulations imposed by the CT Department of Agriculture, Bureau of Aquaculture (DABA), temporary closures may be required after heavy rain events. These closures are for your safety. To reopen shellfish beds, water samples from multiple specific locations must be acquired by boat. Also 1.5 dozen clams are randomly removed from the Town beds and delivered, along with water samples, to DABA. Once the samples are analyzed and approved, the beds can be reopened for shellfishing.

Additionally, water samples are acquired and analyzed once a month regardless of a rain event. Even during the bitter cold of winter, shellfish commission volunteers retrieve water samples to ensure shellfish are safe for your consumption.

Here are a few recommended safety ideas for shellfishing during the colder months.

- When using chest waders, it is a good idea to wear a tight belt around the outer waist. Should you lose your balance and fall, the belt prevents

the waders filling with water. Getting back to shore in waders full of water is extremely dangerous.

- It's also recommended to go shellfishing with a friend. Keep a sharp eye on each other when separated.
- Wear a waterproof whistle to call for help. This tool can save your life in an emergency.
- Another safety measure is to have a small compass with you. We live in an area where fog can roll in at a moments notice. It's very easy to lose your bearings when engulfed in fog. But armed with a compass, and knowledge of the direction of shore, you can safely make your way back and enjoy your catch.
- Always be aware of the incoming/ rising tide. Water levels can rise a foot an hour in Clinton Harbor. Have a plan for exiting before the water rises. A general rule of thumb is to start shellfishing an hour before, and exit an hour after low tide.



For more information on acquiring licenses, daily limits, checking closures and more please visit: Clintonshellfish.org.

Clinton Senior Connection



Clinton's senior program continues to enrich the lives of seniors all along our shoreline!

As the director of Clinton Senior Connection, I am happy to report that we're still experiencing steady growth and success even as we enter into our third year. The program consists of weekly and monthly activities as well as plenty of pop-up events throughout each season. Details regarding location, day, time, and sign-up instructions can be found at: <https://clintonct.org/723/Senior-Program>. There, you can also subscribe to receive free e-news and events! Here is just a glance at some of the activities our seniors can enjoy:

- "Walk for Health" is our local traveling series that consists of a 1.5–2 mile walk every Wednesday morning. Participants walk outdoors within a group, but at their own pace.
- "Cook & Connect" popularly known as our monthly cooking and lunch club, it is well-attended... and delicious. We have a traveling chef who specially facilitates these lessons and curates tasty, seasonally fresh recipes just for us.

- Experience the "Pavilion Pickers!" a band of talented musicians who perform live music in a fun, casual setting. All are welcome to play or just come and enjoy these lively bi-monthly meetups. Last September marked our first ever town-wide senior concert!
- Our free monthly DIY projects include all the supplies and instructions one needs to create a unique craft. We've painted wooden pumpkins, made wreaths, learned macramé, and more.

Continued on page 18



Last September marked our first ever town-wide senior concert!

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Clinton Senior Center... *Continued from page 17*

- Free Line Dancing! Typically held on the second Friday of every month, no partner or prior experience is needed. Just come step to the beat and meet others in your community!
- Anyone in the mood for TRIVIA? Our monthly tournaments always bring the fun with prizes for the highest-scoring teams, pizza (or donuts) to enjoy, and only 1 dollar to enter!
- “The Game of Bridge,” played weekly, this activity is proven to be good for the brain! New players are always welcome.
- “Connect with the Classics,” a read aloud/read along group that explores great works of literary merit. How is it different from your old high school English class? No homework!
- Plus, our newest activities that have been added this past year: monthly cardio drumming, weekly hybrid chair yoga & gigong, and a multigenerational film club with the cinema students at the local high school!



In addition to the activities above, Clinton Senior Connection hosts frequent educational seminars and organized community conversations with our police and human services department. Thanks to federal grant funding, we’ve also enjoyed several motorcoach bus trips to New York and MA and will plan more for this year. As the weather warms up, expect local kayak outings, play attendances, museum visits, and boat rides as well!

Anyone eager to learn more, can visit the town’s website link above or email: cacampora@clintonct.org. There is always something to share about our dynamic, growing program! And, like I always tell our members, it’s never really about what we’re doing, but who we get to do it with. My goal with this outside-the-box mobile program is to foster friendships, introduce new passions, and, of course, spark a lasting connection.

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