



The Week's News, In Brief

EDITED BY EMMA BARHYDT

POLICE & FIRE

Cos Cob Fire Police Patrol Welcomes New Member

Earlier this week, the Cos Cob Fire Police Patrol welcomed its newest member, Matt Cina.

GPD Strengthens Traffic Enforcement

From now until the end of October, the Greenwich Police Department will be conducting traffic enforcement on the roadways aimed at distracted drivers. If you have a phone in your hand while driving, you will be stopped and issued a ticket. \$200.00 fine for the first offense, \$375.00 for the second offense, and \$625.00 for the third and subsequent offenses.

AROUND TOWN

BET Approves Budget Guidelines

The guidelines for a \$477 million budget in 2023-24 fiscal year were approved with a vote of six members for and six against with chair Dan Ozizmir casting the tie breaking vote. This is an increase of \$12 million from the current \$465 million budget, with no more than \$100 million in capital spending.

Opponents wanted a larger budget increase with more spending to provide services up to the level residents expect. Proponents said economic and inflationary concerns made that reckless and that raising taxes would hurt residents.

BET Budget Committee Chair Leslie Tarkington called it "challenge budget" and asked the town to lower its operational cost request for next year by \$1.4 million and the Greenwich Public Schools to do so by \$2.7 million.

Town departments and the Greenwich Public Schools use the guidelines to create their budgets. The First Selectman will release his recommended 2023-24 municipal budget, including capital projects, in January 2023. The BET Budget Committee will then evaluate the budget requests make adjustments.

Celebrating the Human Voice

The Yale Voice Center at Greenwich Hospital has partnered with Greenwich Arts Council to present a three-part series of concerts and lectures beginning this month called "Healing Voices: At the Intersection of Vocal Arts and Vocal Health" that celebrate the wonders of the human voice.

Actor, singer and comedienne Klea Blackhurst was the headliner at the first event on Thursday. The second event in January will feature singers who worked with the Yale Voice Center to maintain vocal health or rehabilitate their singing voice. The final event in April 2023 will feature speech language pathologists who are also professional singers.

Byram Shubert Library Reopens After Flooding

Repairs at the Byram Shubert Library were completed yesterday after flooding on the first floor earlier this week from faulty sprinkler systems. The Library reopened yesterday for normal business hours.

Greenwich Senior Center Receives \$2.5M Gift

Last week, the Board of Selectmen voted to accept a \$2.5 million gift to the Friends of the Greenwich Senior Center from the estate of Mary Louise Wallace.

Grass Island Potential Area For Cannabis Use

At last week's Board of Selectmen meeting, the decision to regulate public cannabis consumption was discussed. According to state statutes, if Greenwich decides to regulate the public use of cannabis, because of its population size the Town must designate a location where public consumption is allowed. Grass Island, home to the town's dog park, was discussed as a possible area. If the Town does not decide to regulate public cannabis smoking locations specifically, there are regulations already in place. Wherever cigarette/tobacco smoking would not be allowed in public, neither would cannabis smoking.

Please turn to page 5

Green Thoughts

By ANNE W. SEMMES

"He who plants trees loves others beside himself." Thomas Fuller, British scholar, preacher, author, from his 1732 book, "Gnomologia: Adagies and Proverbs; Wise Sentences and Witty Sayings, Ancient and Modern, Foreign and British," many of which were copied directly by Benjamin Franklin in his 1750 "Poor Richard's Almanac." Quote found in Jeremy Rifkin's "The Green Lifestyle Handbook, 1990.

Renown Organist Comes to Christ Church



Westminster Abbey Director of Music James O'Donnell, on left, and Christ Church Director of Music Jamie Hitel stand beside the new Harrison & Harrison organ O'Donnell will play in concert on Oct. 22. Photo by Anne W. Semmes.

By ANNE W. SEMMES

For those organ music enthusiasts eager to learn more of the musical world of James O'Donnell we were able to reach O'Donnell just arriving from across the pond to ask him a few questions.

Q: Please comment on your music choices for your celebratory organ concert of Bach, Vierne, Stanford, Wammes, Durufle.

A: Constructing an interesting programme with a mix of music and a wide variety of the organ's sounds and personalities is really important. J S Bach is the starting point for organ repertoire - the foundation and inspiration for almost all organ composers since. The 'Dorian' Toccata and Fugue is intended as a striking and somewhat formal start to the concert, providing a building block for the remainder of the programme to branch out from. Two shorter works by Vierne will explore the more poetic, impressionistic colours of the instrument. The Stanford is exciting, witty, Romantic and large-scale: Wammes (contemporary Dutch) is minimalist, intimate, feather light. The Suite by Durufle is one of the great classics of the twentieth-century organ repertoire; dramatic, expressive, exciting, poignant, virtuosic, using the full resources of a large instrument.

Q: Have you performed before at an organ dedication concert?

A: I've been privileged to have been invited to do so a number of times and it's always both an

honour and a responsibility!

Q: Queen Elizabeth II's Funeral service was quite a program for you to orchestrate at Westminster Abbey. Particularly moving was how you composed music for Psalm 139 for the entry of the Queen's coffin into Westminster Hall. Can you speak to that?

A: The entrance of the coffin into the great space of Westminster Hall marked the first formal moment of the funeral ceremonies. Psalm 139 was specified as the text to accompany the procession. I wanted to write a chant that was direct, dignified, formal but also personal and affecting, and drew on some other funeral and memorial music - so you may sense echoes of the Russian Kontakion for the Dead, and of Croft and Purcell.

Q: So, you are moving to New Haven at Christmas. What drew you to this double position at Yale as Professor in the Yale School of Music and Yale Institute of Sacred Music?

A: My connection with Yale dates back to 2010 when I spent some weeks there on sabbatical, did some teaching, played an organ concert at Woolsey Hall and directed the Schola Cantorum in a project of sacred music. I was very struck by the ideas behind the Yale Institute of Sacred Music, the possibilities of multi- and inter-disciplinary study and conversation, and the setting of a great place of research, learning and teaching. It is a milieu that I find attractive and intriguing and which, I think, suits my own approach to my work. So, the



Part of the Harrison & Harrison organ recently installed at Christ Church. Containing a total of 4,639 pipes, it was built in Durham, England, and represents the largest organ made by Harrison & Harrison in the USA.

opportunity of a professorial appointment was one that I was happy to explore: it could provide new ways of drawing on my career so far, my experience and my wider musical interests and a stimulating way of pulling the many strands of my musical and intellectual life together. After thirty-five years as a director of music in the extraordinary world of London Cathedral music I concluded, after a great deal of thought and discernment, that this was a good moment for a change of direction. And so, I hope it will be!

Q: You are said to be also leading a new vocal ensemble focused on choral liturgies. Can you explain your vision for that?

A: The vision is still developing and will continue to do so when the ensemble gets up and running next year. It will be a small group focusing on liturgical music, carefully studied and performed to high standard in liturgical contexts. I see it as being rooted not only in the Anglican tradition but also in the Roman Catholic and Lutheran, among others, and covering a wide range of music of all periods from the earliest to the most recent. I would like it to complement the many other excellent vocal groups at Yale, and to develop a distinctive identity, expertise and role. It must evolve and grow into its own space over time. It could be very exciting.

Young Musicians Raise \$14,000 for Abilis

On Sunday last, the organization, Children Helping Children (CHC), sponsored by the Young Artist Philharmonic, partnering with the nonprofit Abilis, held a Benefit Concert for some 70 attendees that raised \$14,000. The funds will support Abilis' efforts to "provide those with developmental disabilities and their families with support and advocacy to build able lives and strong communities."

The concert was held at the Greenwich Arts Council and organized by 11th grade musician Ayush Maini, the founder of Children Helping Children with help from his team of fellow musicians including his sister Emma Maini, an eighth grader. "We are the String Beans," Ayush notes of his sister. "The 'String' references that we both play string instruments, and there is a subtle nod to us being rather skinny." Children Helping Children (CHC), an organization

Ayush describes Children Helping Children that he founded in 2019 as "an organization that organizes and creates an annual benefit concert run by children, raising money for other children. These concerts are run with the belief that children who

are passionate about both music and community service can use the gift of music to help raise money for other children in need around the world."

Ayush had been motivated from age 11 to begin holding benefit concerts after a close friend was diagnosed with leukemia. But while researching and setting up last year's concert, he learned of "many other people's pain and struggles." After listening to "heartfelt stories from people, and through hard work, dedication, and the kindness of people's hearts," he tells, "We have raised over \$45,000 over the last three years to help fund research and hospital care with the ultimate goal of saving lives."

By offering each year performances by accomplished and gifted children, Ayush says, "Our goal is to make a meaningful difference in people's lives through music. Over the years, we have partnered first with the Leukemia and Lymphoma Society, then the Morgan Stanley Children's Hospital. In 2020, we partnered with the New York Presbyterian Children's Hospital, and, in 2021, we took a more global perspective and partnered with the United Nations International Children's Emergency Fund (UNICEF)



L to R Accompanist Elina Christova, Children Helping Children founder Ayush Maini and his sister Emma Maini performing at a Benefit Concert on October 16 at the Greenwich Arts Council. Contributed photo.

to support their mission of ensuring that no child suffers needlessly."

This year's concert with its "overwhelming success of raising \$14,000 for Abilis," says Ayush, "is bringing our grand total of funds raised for children around the world to nearly \$60,000 over the last four years."

Through the sponsorship of Young Artists Philharmonic and "the generosity of Greenwich Arts Council," Ayush tells, "Our live events have always been held at the Greenwich Arts Council. Both organizations

engage and provide opportunities to young developing artists such as ourselves. Many of the performers that join us for these concerts are recruited through word-of-mouth; as we create a program, my team and I reach out to folks I've met or have worked with in the past. We're always looking for more talented young musicians who share the passion of using music to make a difference."

For more information, and to support Children Helping Children, visit <https://donorbox.org/children-helping-children-2022>.

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New York Collection

Whether you're a part of New York City's bustling style scene or routinely take inspiration from it, one thing's for sure: There's a palpable excitement around getting dressed again this fall. And the fashion item atop the style checklist for many New Yorkers? A statement pair of shoes, that can meet a day in the big city with style and turn heads on the sidewalk or subway platform. Drawing inspiration from the Big Apple's most notable motifs, we introduce to you our exclusive NYC Collection. Available online and at our 371 Greenwich Avenue showroom!

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COLUMN

Raising Monarch Butterflies in the Smoky Mountains

BY ANNE W. SEMMES

A few weeks ago, this reporter stepped away to a summer place of her childhood in the mountains of Tennessee. My destination - the Monteagle Assembly, created on the model of the Chautauqua Institute in New York. And there, a collection of cottages welcomed me as did those tall wooden foot bridges connecting neighborhoods of families vacationing from across the country. During this trip I was privileged to meet a couple extolled for their "Monteagle Monarchs" garden.

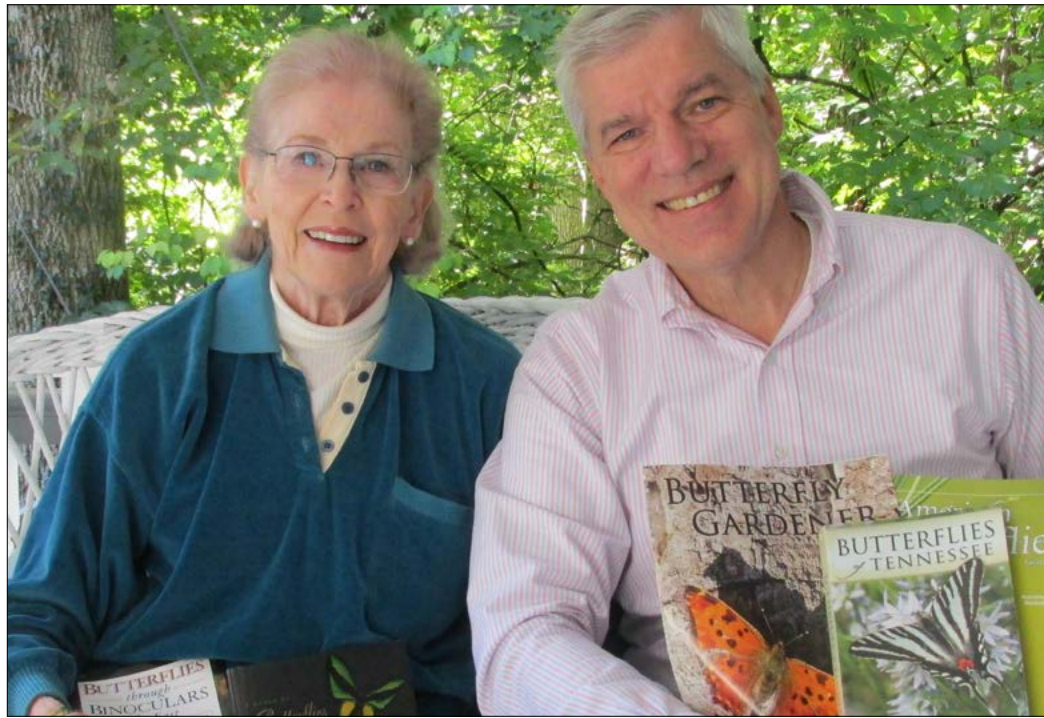
Stephanie Smith and husband Richard "Rick" Boeth have created in their backyard a garden of Eden for butterflies. There, some 40 species have been counted, with a variety of nearly 30 plants to draw them. Add to the wonder Rick is a superb photographer documenting those butterflies in all their beauty. How the two manage and marvel at their butterfly garden is recorded in their blog, found at www.monteaglemonarchs.com.

But I was fortunate to witness it all firsthand in their garden, with their further sharing on the front porch of their charming cottage, named "Fools Rush Inn."

Arriving there I knew already that this year for Monarchs has definitely been a down year for this newly named endangered species. Stephanie confirmed. "The Monarch numbers are down drastically. At the beginning of the summer, we had no butterflies, no hummingbirds, no bees, nothing. Because it was so cold in the spring, we were two weeks late with all the plants, and that just threw everything off. And finally, we started seeing a few bees, one hummingbird, and then a butterfly or two...We saw one Monarch in April passing through."

"I think we've had six or seven Monarchs all year," Rick tells. "And the first few were males. And then finally at the end, just when we were fearing a shut out, we had at least two females come by."

It was time to head for their garden, now bursting with overgrown plants, but there on the monarch staple food plant, the milkweed, I spy a Monarch caterpillar! "This is an earlier stage of the Monarch caterpillar," says Rick. "It goes through five growth stages, or instars."



Stephanie Smith and Rick Boeth

"And the great thing about a butterfly garden is that unlike other gardens, you're not building it so much for yourself as for the butterflies." Rick Boeth.

Rick recalls, "At first, we saw 16 caterpillars. And because the Monarch is endangered, and because it's a tough time of year, we brought four indoors. So, three out of the four have survived inside." As for the rest, "There are many predators. Several were eaten by migrating warblers, which love caterpillars."

On their back veranda I am shown some milkweed plants hosting two Monarch chrysalises. "The day before they emerge, they eclose," he tells, "the shell becomes transparent if they're healthy. And you actually see the butterfly within." Fast forward readers to this very last weekend having learned of the suspenseful two days of their last chrysalis bearing fruit! First off, the normal incubation time for a chrysalis to a feeding butterfly says Rick is 10-14 days. But they had now counted 22!

"We had given up on the chrysalis," tells Rick, "But it was still hanging on the potted milkweed on the veranda. Stephanie on day 20 was looking at it, and thought she saw some transparency developing. Turned out she was right. The milkweed was dying, so we moved the chrysalis to a potted lantana

outside. The butterfly, its wings so tiny and shriveled, emerged the next day about 2:30 p.m. It appeared dehydrated and weak, unable to climb on top of the leaves, and did not feed.

"At sundown we took the potted plant with the newborn butterfly and snuggled it into a bare spot among the marigolds. The next morning, it had moved a few inches off the pot but was not eating." Rick then put his finger under it, "and it climbed on. I carried it to a butterfly bush blossom where it was finally able to feed, rest, and feed some more, before flying away. We had one about as late last year. Better that they get out and on their way sooner. But we still felt so grateful that after a challenging season for our Monarch visitors, and many lost caterpillars, we at least got one heading south." (To see Rick's exquisite video of the transformation of a chrysalis into a butterfly visit <https://youtu.be/7Ce0tBQcvoQ>)

So how did Stephanie and Rick get hooked on raising butterflies? The butterfly garden idea came to Stephanie on a visit to another Chautauqua in Plains, Georgia, where she met Rosalyn and Jimmy Carter. Sitting next to Rosalyn she learned about her Roselyn

Carter Butterfly Trail. Thus, Stephanie was inspired to create her own butterfly garden, "to do it just right." She then visited monarchwatch.org, "and they have the application and the list of plants that would qualify you for a Monarch Waystation." So, Stephanie "took the list of plants, went to the nursery, and bought those plants."

And Rick was game. He'd recently retired from a four-decade career as a photo editor/producer. "The first 20 years was at Time Magazine in journalism, covering national affairs," he tells, "and then the last 10 years was at CBS Television, as producer of television shows like NCIS and Blue Bloods, and other top CBS shows." But, he adds, "I've always been interested in nature photography. And so, when we started the garden, it was the perfect thing to transition to. Not only for the blog, but also, I just love it."

Their Monarch garden is now in its fourth year, certified as a Monarch Waystation by Monarch Watch, by the North American Butterfly Association, and Rosalyn Carter's Butterfly Trail.

"The great thing about a butterfly garden is that unlike



As of this past weekend that last chrysalis hatched a Monarch butterfly. Photo by Rick Boeth.



Stephanie Smith and Rick Boeth stand immersed in their Monarch Butterfly Waystation in Monteagle, Tennessee. Photo by Anne W. Semmes.

other gardens," he says, "You're not building it so much for yourself as for the butterflies." And, he adds, "Very conveniently, almost all butterflies are late risers. Early to bed, so they don't show up till it warms up." He believes butterflies spend a lot more time in trees than people give them credit for. "Host plants in many cases are trees for butterflies. And you'll see them go up in trees, and you'll actually see them resting on leaves. And so, they come down when it's warm, like 10 in the morning generally."

"But you get these spectacular butterflies as well," he tells. "From the tiniest ones, which could hide behind a dime, to the giant Zebra Swallowtail, which is the state butterfly of Tennessee. And so, it becomes this great invitation to observe on a very small level, all the things that are going on in the garden. And that just opens up your opportunities for photography, and inspires you to buy these super macro lenses, and these telephoto lenses, so that you can capture all of that."

"One of the most fascinating butterflies is the Red Admiral," tells Stephanie. "Three years ago, he came at seven in the evening, sat on a chair, and buzzed us if we were close. It's a territorial butterfly, we learned." "He's the only butterfly that comes at night," adds Rick.

"Because there were no other Red Admirals for him to get territorial about, he got territorial with us," Rick tells. "And he returns to the same spot to visit us, and to be territorial with us, and to perch up to three weeks. And this has happened three years in a row. A tern, if you get near their nest, they'll like fly through your hair to scare you. This butterfly does that. And I have photos, and it'll land on you. It'll just sit on you and perch. And so, it's the craziest butterfly of all, that Red."

Natalie Pray honored with the Princess Royal Award for her ESU support

BY ANNE W. SEMMES

"I have always felt I owed the ESU more than it owed me. That is why the Award is so precious - it was so unexpected."
Natalie Pray.

Greenwich's Natalie Pray received a high honor for her 25-plus years of serving the English-Speaking Union in the U.S. at the ESU Gala held on October 3 at New York's Cosmopolitan Club. HRH Princess Anne presented Pray with The Princess Royal Award: "In recognition of extraordinary contributions to support The English-Speaking Union's mission of promoting global understanding and good will."

"I have always felt I owed the ESU more than it owed me," were Pray's remarks. "That is why the Award is so precious - it was so unexpected." Pray not only has served on ESU's National board, but she also heads ESU's Greenwich Branch and serves on the board of the ESU branch in Palm Beach. For the past 20 years she has hosted The Queen's Birthday celebration for the ESU at her home and at the Belle Haven Club.



Her Royal Highness Princess Anne presenting Natalie Pray, President of the Greenwich Branch of the English-

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NEWS BRIEFS

Continued From Page 1

Reminder to Renew Your Parking Permits

The annual parking permit renewal process is being conducted online by submitting an application, proving residency (if applicable), and making a payment.

2022 permittees will be receiving a letter as well as an email containing renewal instructions.

Renew online until December 31, 2022 by visiting <https://www.greenwichtct.gov/572>

It is a multi-step process; emails are sent to the permittee, each step, along the way.

Please allow 2 to 3 business days for your application to be reviewed.

A late fee will be assessed for payments received after December 1.

Questions: email Parking Services at parkingpermits@greenwichtct.org

PEOPLE IN TOWN**FGS Student Thomas Fahey Named Merit Scholar**

Thomas Joseph "TJ" Fahey of Greenwich has been named a Commended Student in the 2023 National Merit Scholarship Program. Fahey, the son of Scott and Susan Fahey of Greenwich, is a senior at The Frederick Gunn School in Washington, Connecticut.

"We are extremely proud of TJ," said Kate McMann '05, Director of College Counseling. "Clearly he is an exceptionally talented scholar in the classroom, but we are most proud of the citizen he is in our community and how he represents The Frederick Gunn School in the greater community."

PEOPLE IN TOWN**Greenwich Resident Nominated for Service America Medal**

Samantha Sutton, resident of Greenwich, has been recognized as a finalist for a 2022 Samuel J. Heyman Service to America Medal.

LOCAL NON-PROFITS**DART Raises \$175k**

Last month, more than 300 participated and helped raise more than \$175,000 at the 5th annual DART to the Finish. The money raised will go towards supporting crucial research into better treatments, clinical trials and genetic testing for Niemann Pick type C disease.

SCHOOLS**Hamilton Ave School Basketball Court Ready for Use**

Last month, the Hamilton Ave School basketball court underwent resurfacing. The cost of work to the basketball court involved the Board of Education and Parks & Recreation who each contributed \$5,000, and the Chickahominy Reunion Association, who contributed \$10,000. The resurfacing is now complete and the court is open for use.

SPORTS**Sacred Heart Greenwich volleyball team tops Masters to extend its winning streak**

Continuing its impressive play, Sacred Heart Greenwich ran its winning streak to six matches, sweeping past Masters, 3-0, in an FAA match held this past Monday in Dobbs Ferry, N.Y.

Greenwich High girls volleyball team sweeps Bridgeport Central

Greenwich High School's girls volleyball team improved its record to 11-3 with its second straight win, a 3-0 sweep on the road against Bridgeport Central in an FCIAC matchup held this past Monday.

Greenwich High senior Charles Schrohe named the FCIAC Player of the Year

Greenwich High School senior Charles Schrohe was named the FCIAC Player of the Year/MVP this week after having an outstanding regular season for the Cardinals' boys golf team.

Greenwich High's girls swimming/diving team celebrated Senior Day with an impressive victory against Staples

For the seniors on the Greenwich High School girls swimming team, this past Monday's meet against Staples marked the final home dual meet of their respective high school careers, so of course, they were intent on performing at their optimum level on an occasion that's always special to the program - Senior Day.

Greenwich High field hockey team scores convincing wins over**Stamford, Hall**

Victories in dominant fashion against Stamford and Hall extended the Greenwich High School field hockey team's winning streak to five games and raised its record to 9-3.

Sacred Heart Greenwich field hockey team too much for Hotchkiss on Homecoming, improves to 8-1

Sacred Heart Greenwich's field hockey team enjoyed a successful Homecoming Saturday, defeating visiting Hotchkiss School, 5-2, in a NEPSAC game.

Defense, special teams spark Brunswick football team past Wyoming Seminary

Special teams set the tone of today's football game between Brunswick School and Wyoming Seminary, blocking a punt and recovering a fumble off a kickoff for the Bruins.

Finishing strong, Greenwich football team tops St. Joseph under the lights at Cardinal Stadium, improves record to 4-1

Three weeks ago, the Greenwich High School football team held a 21-point first half lead and was ahead by 14 in the second half against Southington, only to watch its advantage disappear and victory escape its grasp.

Greenwich High School girls volleyball team defeated by unbeaten Darien

Greenwich entered Tuesday's match against FCIAC volleyball rival Darien, with eight consecutive victories over their rival dating back to the 2018 season, but the Blue Wave stopped the streak in impressive fashion.

Kate Nemeck's two goals sparks Sacred Heart field hockey team past visiting Loomis Chaffee School in NEPSAC action

Sacred Heart Greenwich's field hockey team continued its outstanding season Wednesday downing visiting Loomis Chaffee School, 3-0, in a NEPSAC game.

Sacred Heart Greenwich edges Greenwich Academy in FAA volleyball matchup, 3-2

Sacred Heart Greenwich and Greenwich Academy renewed their volleyball rivalry on Wednesday and as is usually the case between the neighborhood foes, it was a close, hard-fought match.

Greenwich boys cross country team finishes regular season with successful Senior Day meet at Greenwich Point

Greenwich High School's boys cross country team closed out its regular season by running to victories against Wilton, Bridgeport Central, Harding, and Bassick in a meet held on Tuesday at Tod's Point.

Greenwich High School's girls cross country team celebrated Senior Day with victories against multiple opponents to finish the regular season at 16-1

It was a successful Senior Day for Greenwich High School's girls cross country team, which celebrated the special day by putting the finishing touch on a championship regular season.

LOCAL POLITICS**Greenwich Avenue Bump Outs Bumped to RTM**

Earlier this month, Louisa Stone exercised her rights as a Greenwich Property owner and submitted a letter to the town clerk requesting the Municipal Improvement for new bump outs on Greenwich Avenue be referred to the RTM for debate and a new vote.

Candidate Forum Hosted by Greenwich Association of Realtors

Last week, candidates running for state offices met at the Greenwich Water Club to participate in a forum hosted by the Greenwich Association of Realtors which focused on real estate, land use and economic development in Connecticut. The candidates were given their questions in advance, with each having two minutes to respond. Participating in the forum was incumbent State Senator Ryan Fazio (36th District) and challenger Trevor Crow; incumbent State Representative Kimberly Fiorello (149th District) and challenger Rachel Khanna; incumbent Democrat State Representative Stephen Meskers (150th District) and challenger Ed Lopez; and Hector Arzeno and Peter Sherr, who are both vying for the state representative seat in the 151st District.

Realtors Endorse Senator Ryan Fazio

The Connecticut REALTORS, which represents nearly 20,000 members involved in the real estate community, has endorsed State Senator Ryan Fazio in his campaign to represent the towns of Greenwich, New Canaan and Stamford in the November 8th election.

According to the Connecticut REALTORS, "The Association carefully evaluates candidates in determining who may best ensure a positive environment for living in or transferring property in Connecticut. Real Estate is essential to economic stability in our state and helps to build communities."

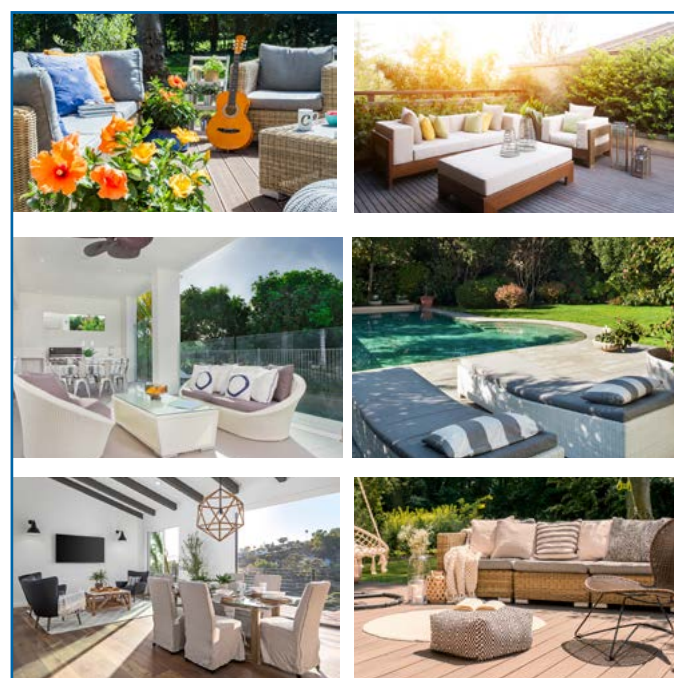
Fazio said, "I am thrilled to have earned the support of Connecticut REALTORS. These hard working folks know how important the real estate market is to our district and I am committed to preserving their neighborhoods and home values."

Fazio, who has represented the district since 2021, looks to continue to bring the shared values and representation of all realtors from across the state to Hartford.

DEATHS

**Ralph DeNunzio
Kathleen Dance
Barbara Brink
Stratford Wallace
Gwen Bylinsky**

See page 10 for full obituaries.



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Greenwich Sentinel

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Run On Your Record

The political campaign season has turned ugly. How do we know? We received a negative campaign piece in our mailbox. In this case it was a mailer from Trevor Crow making false statements about her opponent state Senator Ryan Fazio. We were not pleased and judging by the 24 letters to the editor we received as of Wednesday that expressed deep concern about the mailing, neither are you.

Political discourse in our country has certainly devolved even more over the past few years. You cannot turn on the national news without being inundated with a new “tweet-storm.” Likewise, you cannot go to an online news site without seeing political stories that are “click-bait,” sensationalized stories and headlines written specifically to manipulate you into clicking on them.

As a result, the political debate has been reduced to sound bites, “gotcha” statements and tearing your opponent down rather than building yourself up. This style of politics has no place in our community.

Greenwich prides itself on its community. It is what makes us unique, diversified and always interesting. However, there is one thing that we are intolerant of, negative campaigning that is false. It should back-fire on those engaging in it.

Perhaps Trevor Crow does not understand this about our community. She has lived here less than four years and may not know that as well-informed residents of a town who care deeply about our community, we know that this kind of negative campaigning does not inform us, it seeks to manipulate us. This is not a new concept.

In fact, how a person campaigns for office says a lot about how they will perform once in office.

President Theodore Roosevelt once said: “A typical vice of American politics is the avoidance of saying anything real on real issues.” Yes, but we deserve better. We want to know where candidates stand on the issues and what their record is.

When candidates feel the need to purposely misinform voters, it is perhaps because they feel they have no record to run on. We believe every person has a record they can run on. It can be your involvement in town activities, school PTA’s, or even where you have volunteered.

If you are running for re-election, you have your record to run on. If it is your first time running for office, you have your background to run on. In either case, if you are resorting to misleading negative campaigning or intimidation tactics, you are doing yourself a disservice and insulting our intelligence.

In fact, how a person campaigns for office says a lot about how they will perform once in office. From our perspective, candidates who have run on their record and the issues have been more successful once in office in helping our community grow and prosper than those who have not.

Holding office, whether as state Senator, Representative or in our local municipal offices, is at its core a public trust. We, the voters, want to put into those very important positions people we can trust because what they do is important and has real consequences.

When we witness a campaign resorting to these campaign tactics, it erodes the concept of public trust. If a candidate cannot be honest and present his or her record, positions on issues, and platform for improving our community, then how can we trust that they are the right candidate for that position? The candidate must believe in themselves enough to trust that we, the voters, will make the correct decision on whom to elect.

With less than three weeks to go before the election of our state and federal elected officials, we encourage all candidates to run on their record and say “no” to misleading and manipulative negative campaigning. We do not need the rancor of negative campaigning taking away from our ability to examine the best ideas and platforms for moving our state and country forward for the next two years.

Editorial Page



“Just make it up as you go along, like everybody else!”

EDITOR'S NOTE

This week the Greenwich Sentinel received 24 letters, as of Wednesday October 19, on one topic: a political campaign mailer sent by the Crow campaign about Ryan Fazio. We are not printing them all but have selected two that are representative of these letters, see below. We apologize to those who sent in letters that we could not publish. Processing time and page space makes it impossible to publish them all but we want to thank you for sending them.

LETTER

Fazio Has Earned My Trust - His Opponent Has Not

To the Editor,
I got a flyer from Senator Ryan's Fazio's opponent last week that is riddled with untruths.

And although I know the political landscape today leaves much to be desired, I believe in our country and I am thankful that there are good folks willing to run for office.

To a certain extent I respect all candidates who throw their names in the ring. As the wife of a former state senator, I know the life of a public servant is challenging- and thus, to do so, means that the candidate feels passionately about our country, state or town and making life better for all.

We may not agree on how to do that- on how to make life better for all- but each candidate deserves the respect to tell us, the voters,

what he or she believes and why.

Trevor Crow's flyer is everything wrong with politics.

I am sure that there is some strategic reason (or pure desperation) for a candidate to spend precious money on a deceitful flyer, but as a voter and a mother and a woman, I find it incredibly belittling.

For the record- and to be completely transparent- I will be voting for Senator Ryan Fazio in November. His opponent's mailing did not deter me.

Senator Fazio has been clear on many occasions (written and spoken) that he is committed to keeping abortion legal in Connecticut. In addition, while in office he introduced a bill to improve women's access to birth control. He is also an

advocate of assuring higher safety and health standards to surgical abortions- something that many health providers know is important as well.

And I repeat- Senator Fazio is committed to keeping abortion legal in the state of Connecticut.

But that is certainly just one of his many concerns and likewise, just one of mine.

Senator Fazio is committed to improving our economy and believes in the safety of all citizens. He is a strong advocate of the business community. His strength in these areas have earned him the endorsements from the CT Fraternal Order of Police, Stamford Police Association, CT National Federation of Independent Business (Small Business Advocacy) and Connecticut

Realtors Association.

And he cares about the mental health epidemic that is plaguing our society and especially our youth. Senator Fazio introduced legislation that would study the effects of social media, and cell phones and as the mother of four, I know first-hand that he is on to something. He also co-sponsored HB5001 which will improve access to mental health care in our state.

On top of all of that, Senator Fazio is smart, hardworking, and honest. He cares deeply about the community in which he was raised, his home.

Trust is something earned not given. And while Senator Fazio has earned my trust- his opponent has not.

Icy Frantz

LETTER

Ryan is Committed to Making Our Politics More Civil

It's that wonderful time of year again; election season. The time when all candidates strive to get their individual messages out to the voting public. I always check my mail with interest, looking to see how these candidates are going to differentiate themselves from one another. Therefore, I was surprised to see a terrifying-looking black and red postcard from Trevor Crow, containing words like “dangerous” and “extremist”. Her postcard shows a dark photo that looks a bit like Ryan Fazio, but the words and the photo don't match. What's her message here? All I see is divisive disinformation.

She should be warning all women that some Connecticut Democrats want to reduce the qualifications of healthcare providers who do surgical abortions. Ryan Fazio saw that was not a good thing for women; particularly the most disadvantaged women in our state. He voted to maintain high health and safety standards for the abortion industry, and he has stated this fact, even in Trevor Crow's presence. The bill's advocates used the typical dirty trick of packing ugly dangerous legislation under an acceptable bill title. Ryan's vote against the “Abortion” bill was actually a vote for the safety of women.

It is a bill other Democrat legislators also voted against. Is Trevor Crow saying she would vote FOR allowing less qualified practitioners perform abortions? Truly, this is regressive healthcare. I guess when you have only one issue to run on, you don't bother with inconvenient truths. Unlike Trevor Crow, Ryan actually has many issues to run on, such as:

- Legislation to address the mental health crisis in schools.
- Protecting the elderly; access to home companions and health aids, and from crimes
- Supporting the reduction of taxes and cost of living

- Supporting small business
- Protecting local zoning control of neighborhoods
- Reforming the police accountability act which now undermines public safety
- Keeping abortion legal in the state of CT and maintaining high health and safety standards for the industry

Finally, Ryan is committed to making our politics more civil. I ask that we begin now by ending the ugly, divisive, political disinformation. Trevor, the ball is in your court. Please play fairly.

Gail Lauridsen

Local Public Company Market Watch

GREENWICH INDEX				
COMPANY	SYMBOL	52 HIGH	52 LOW	PRICE*
AmBase Corporation	ABCP	\$0.43	\$0.08	\$0.13
Ellington Financial LLC	EFC	\$18.66	\$10.81	\$12.21
Hudson Global	HSN	\$44.00	\$15.55	\$34.50
Interactive Brokers Group, Inc.	IBKR	\$82.83	\$52.18	\$76.09
Oxford Lane Capital Corp.	OXLC	\$8.53	\$4.83	\$4.90
Oxford Square Capital Corp.	OXSQ	\$4.47	\$2.82	\$2.93
Retail Opportunity Investments Corp.	ROIC	\$20.09	\$13.35	\$13.62
Starwood Property Trust Inc.	STWD	\$26.36	\$17.69	\$19.19
Townsquare Media Inc.	TSQ	\$15.33	\$7.14	\$7.74
Urstadt Biddle Properties Inc.	UBA	\$21.66	\$15.07	\$17.41
W.R. Berkley Corp.	WRB	\$72.67	\$49.41	\$71.41
XPO Logistics Inc.	XPO	\$88.00	\$41.67	\$45.25

* as of close of business 10/19/22

OP ED

Jayme Stevenson: Pro-Choice, Pro-Women



By JAYME STEVENSON

I have deep concerns over the issue of “pro-choice” being exploited this election cycle. “Pro-choice” is a far more comprehensive issue of women’s rights. Not only is it about a decision to medically terminate a pregnancy, it’s also about supporting a woman’s choice to give birth. In the current election climate, candidates and leaders have turned this issue into a promotion of abortion rather than addressing the spectrum of women’s rights.

My opponent has had fourteen years to lead the effort to codify Roe v Wade and did nothing. I’d like all politicians to stop using women’s bodies, including mine and my daughters, as an agenda talking point to fear-monger and further divide Americans.

I believe in freedom and personal liberty, therefore, I believe in a woman’s right to make her own decisions with the

support of her family and doctor, particularly in the case of rape, incest and health complications. However, the radical, extremist notion supported by democrats to allow abortion up to 37 weeks is deeply troubling to me and most women.

This issue belittles women as our bodies are weaponized by politicians to promote abortion, instill fear in voters, rather than champion women’s rights. We moved backwards as Democrats leverage abortion and completely negate advancing congressional action to protect women’s freedoms.

Women are frustrated and feel our voices no longer matter. I respect and value women making tough decisions every day and taking control of their own lives. Pro-Choice is about more than abortion. A woman who understands that our rights continue to be infringed upon must be at the table. As a mother to four daughters, I have your back and will be a champion for all women, our rights and our choices.

Jayme Stevenson is a candidate for Congress in the Fourth Congressional district.

As a mother to four daughters, I have your back and will be a champion for all women, our rights and our choices.



Jayme Stevenson, center, with her four daughters.

LETTER

Self-Employed Small Business Owner for Fiorello

Dear Editor,

I am a self-employed small business owner, running a health and wellness company “Health Is Wealth”. In my city of Stamford I am also known for “Be Part of the Solution” - a 15 year long running, free, fitness program for underserved youth. Being my own boss, servicing my clients and the Stamford community to see them get healthy results, and following my instinct to keep making my business better is what I do.

I am also a father of two children, one of whom is special needs. This means, I know human compassion and I know human meanness. There is nowhere I find

more coldness than in government policies that harm middle class people like me. Connecticut government policies are driving up the cost of my electric bills, my grocery bills, my health insurance costs, my cell phone bills, not to mention my state and local taxes.

I am also an immigrant from Haiti, who knows by instinct that America is a very special country. There is no place like the United States where someone like me can start a business, get married, have a family, send my daughter to a top liberal arts college, and take care of my special needs son, and at the end of the day, after dinner, I can take a walk in the neighborhood

with my wife feeling safe, or I used to be able to.

I am a black conservative Republican. I ran for office in Stamford for State Representative in 2012. I ran because I love people and I want to do the right thing. I see that same kind of simple approach to serving with State Rep. Kimberly Fiorello. She is kind and caring. She is real. What you see is what you get. Sure, there is always room for improvement but I trust her.

I see the attacks Kimberly’s opponent is launching against her. It’s all about personal attacks. Her opponent says Kimberly voted against funding Stamford schools.

Was there one single bill that said, “here is money for Stamford” and Kimberly voted no? Of course not. There was a 700-paged budget bill that dropped at 4 o’clock in the morning on the same day of the vote. Slipped inside this bloated, pork-filled bill was the Stamford money.

Kimberly’s opponent says she is the real fiscal conservative and she will manage our tax money better than Kimberly. Seriously? The other person has no track record of fiscal conservatism and is a member of the same party that delivered us this crushing inflation with all their spending. She is better than Kimberly? I don’t

think so.

Her opponent says Kimberly voted No, No, No. What that tells me is that the other candidate will say Yes, Yes, Yes. So, how is that fiscally responsible? Being budget-conscious and respectful of other people’s money means saying No, No, No.

I don’t know this opponent but I saw her flyer. It says, “I never imagined running for State Representative...” so then, why start now? She says because of abortion rights. Does this person know she lives in Connecticut, one of the most Democrat states in the country. Abortion is a purposeful distraction from the real issues on

the table.

Hartfoed democrats have signaled for us all how special state Representative Kimberly Fiorello is. In all my years of living in Stamford, I have never seen attacks like this against a state representative. The fact that they want to get rid of her is all I need to know.

Thank you, state Representative Kimberly Fiorello. I know you will win this November. And I am going to help you go door to door.

Francky Trofort

LETTER

Fazio, Fiorello Joined 17 Democrats on HB5414

Dear Editor,

The women of Connecticut deserve better than the false information that their opponents are pushing about Senator Ryan Fazio and Kimberly Fiorello, CT House Representative. We feel strongly about setting the record straight. Senator Fazio is our CT State Senator representing District 36. He grew up in Greenwich, was raised and educated in our public school system, and is doing a fantastic job representing his

home. Kimberly Fiorello, longtime Greenwich resident and mom of 4, is a champion for parental rights, local control of curriculum and standing with parents to be the primary decision makers in their children’s lives. Both Ryan and Kimberly have done an amazing job championing issues for women and families.

Last week, their opponents sent out blatantly false information to thousands of residents, claiming Senator Fazio and State

Representative Kimberly Fiorello would vote to ban abortion. That is false - Senator Fazio has repeatedly and publicly stated that he clearly supports keeping abortion legal in CT. At the Round Hill Association Candidate Forum on Oct 11, 2022, Senator Fazio again stated his support in keeping abortion legal in the state of CT. Fiorello made it clear that “her own views haven’t changed since former President Bill Clinton stated abortions should be “legal,

safe and rare”. Fiorello said “In my two years being in Hartford, I don’t know one Republican legislator that wants to make abortion illegal in Connecticut, including myself”.

These Democrats claim Republicans voted against women’s rights. That is false - Both Senator Fazio and State Representative Kimberly Fiorello joined 17 other Democrats and Republicans in voting against HB5414 and in favor of upholding

high health and safety standards for surgical abortions. Six medical organizations and many Democrats testified in opposition of the bill because it put women’s health at risk. Senator Fazio and State Representative Kimberly Fiorello care about women’s health, and are working across the aisle to ensure that nothing changes in CT. Their opponents are knowingly trying to mislead women about his position because they want to distract from the

real issues - inflation, crime, local control of zoning and parental involvement. Don’t let yourself be fooled. Senator Ryan Fazio and Kimberly Fiorello are the best choices for women, families and for a better CT.

Alison Gillot, Liz Fagan Herman, Ramya Hopley, Jane Sprung

LETTER

Legislators Endorsed by CT Against Gun Violence

In June, the Supreme Court handed down a radical decision, NY State Rifle & Pistol Association Inc v. Bruen, that held that the government cannot restrict the right to own a gun unless the restriction is consistent with regulations dating back to the 18th and 19th century, more than 150 years ago. No longer can judges balance public safety against restricting Second Amendment

rights when evaluating the constitutionality of a gun law.

As a result, gun laws across the country are under attack, including here in Connecticut. The CT Citizens Defense League, the state affiliate of the NRA represented by two state legislators, filed suit in federal court to overturn our assault weapons ban, the second such group to do so. Just last week, a federal judge ruled

unconstitutional a federal law that prohibits possession of guns without serial numbers. Serial numbers are a key factor in solving crimes involving guns.

Connecticut is fortunate to have one of the lowest gun death rates in the nation, thanks to tough gun laws that are ranked third strongest by the Giffords Law Center. But with more challenges to our gun laws expected, the

need to elect lawmakers who will protect Connecticut’s strong gun laws could not be more important. It is possible laws will need to be rewritten, and that requires having state legislators who we can count on to support strong gun laws.

Trevor Crow (S-36), Rachel Khanna (H-149), incumbent Steve Meskers (H-150) and Hector Arzeno (H-151), the Democrats

running to represent Greenwich in the CT General Assembly, are those candidates. All four are endorsed by CT Against Gun Violence because they have taken strong, public stands on supporting regulations that keep guns out of the hands of those who can’t be trusted with lethal weapons.

It’s important for voters to know where candidates stand on

measures that protect us from gun violence. It’s clear that the Democrats running to represent Greenwich will continue the tradition that makes Connecticut a leader in gun safety. Please make a plan to vote on November 8.

Jonathan Perloe

LETTER

Fiorello Needed in Hartford

If anyone knows Kimberly, you know that she is not afraid to stand up for what she believes in. She is passionate and what I call, “a politician with a backbone”. She regularly reaches out to her constituents, hosts educational zoom sessions on important topics such as health, zoning, education, taxes, etc. She is a strong believer that people should get to decide how to live their own lives, not the government and writes often

in the local papers. She has office hours on her porch, open to all. I do not live in her District, but I often attend her sessions. She is the type of politician we need in Hartford, someone who is not afraid to say what they think. If you live in her district, please vote for Kimberly, she brings the vitality we need in Hartford.

Elizabeth Wynn McDaniel

LETTER

Khanna Stands Up for Constituents

Have you heard of Rachel Khanna? She’s the candidate running for State Representative of the 149th district, and she has important things to say about local zoning. She is tired of developers foisting oversized developments onto our community when low interest rates make building big profitable.

Yet she also recognizes that a workforce housing shortage is impeding our economic growth. The state’s labor shortage is the

main factor behind last quarter’s decline in our State’s GDP. Briefly put, we cannot produce economic output if we can’t fill jobs, and we can’t fill jobs if there are not enough places for people to live.

Despite being in place for 30 years, 8-30g has not achieved its objective. Rachel understands that we must do more to provide affordable housing for our firefighters, teachers, and police officers, but she favors local solutions to meet

these needs.

Rachel stands up for the needs of her constituents. She did this on the RTM when she felt the budget did not provide adequate funding for fire coverage for the residents of her district in Northwest Greenwich.

I urge you to learn more about Rachel on her website <https://www.rachelforct149.com/> and give her your vote this November.

Joan Thakor

LETTER

Khanna’s Daughter Inspired

My name is Sophie. I am one of Rachel Khanna’s four daughters. I’d like to tell you about my mom and how I know she has the character to be an incredible, dedicated State Representative. She deserves your vote.

Many know my mom as an extremely hard-working person - she is a mother, a wife, a volunteer, a community advocate, a friend, a chef, a triathlete, and a Neil Diamond fanatic. This past summer, I saw her grit in action on the campaign trail. We experienced a heat wave unlike any other, but that did not stop her mission to reach voters. Each day, with the heat, she was canvassing. Maybe she showed up to your door, sweat dripping, asking you what you cared about. I joined her on occasion and had an opportunity to witness voters say “I can’t believe

you’re out here in this heat” and to watch my mom respond there was no other place she could think to be. These moments affirmed for me how committed she is to the role of public servant. She recognizes her responsibility and duty for people in our district and she gives 100%. My mom has assumed this type of role before as an elected member of the Greenwich RTM.

Her commitment to making connections with voters reminded me of her efforts with the local food delivery business she started up and ran. Despite having four young children who were loud, dramatic and demanding, she ran her business with precision and care. Residents may remember that not only would she hand-make the food, she would deliver it to your door. Her passion for reaching out to others translated into

volunteering with Women for Women and Veerni - two organizations working to educate and support women in South East Asia. This work gave her the opportunity to work with people from across the world, to work collaboratively with people of different backgrounds.

My mom has passion and a work ethic that is inspiring. I am confident she will work to protect our futures on this planet, for women to make decisions about their own bodies, for people to have access to healthcare and housing, and for strong public school education. I will vote for her because I know she genuinely cares about her constituents and will endeavor to address the needs of Connecticut’s 149th District.

Sophie Khanna

Realtors Endorse Senator Ryan Fazio

The Connecticut REALTORS, which represents nearly 20,000 members involved in the real estate community, has endorsed State Senator Ryan Fazio in his campaign to represent the towns of Greenwich, New Canaan and Stamford in the November 8th election.

According to the Connecticut REALTORS, “The Association carefully evaluates candidates in determining who may best ensure a positive environment for living in or transferring property in Connecticut. Real Estate is essential

to economic stability in our state and helps to build communities.”

Fazio said, “I am thrilled to have earned the support of Connecticut REALTORS. These hard working folks know how important the real estate market is to our district and I am committed to preserving their neighborhoods and home values.”

Fazio, who has represented the district since 2021, looks to continue to bring the shared values and representation of all realtors from across the state to Hartford.

See Dr. Fucigna



Can I buy a vowel?

Robert J. Fucigna, M.D. Advanced Ophthalmology.

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Interview with Chef Nadia Ramsey at Meli-Melo Catering



By SARAH BAMFORD

In 2009 I met Nadia Ramsey, the Executive Chef at Meli-Melo Catering. Today, Chef Ramsey still runs the events division of the beloved Meli-Melo brand on Greenwich Avenue owned by local restaurateur, Marc Penvenne. Since that day, Chef Ramsey has continuously grown the division while maintaining a cheerful and bright attitude that appropriately reflects her endearing moniker, the “Happy Belgian”.

Meli-Melo’s popular creperie opened in 1994 and expanded into the next-door space in 2010. The eatery serves sweet and savory crepes and also has a raw juice bar, currently partnered with Club Sweat in Riverside. In addition, the menu includes soups (made daily), sandwiches, salads, and pre-packaged items to-go like yogurt, granola, fruit jam, salad dressing, coconuts, local honey, wheatgrass shots, ratatouille, and dulce de leche to name a few. The restaurant is also known for all-natural ice cream, sorbet, and waffle cones that are all made in-house. Ice cream is also sold by the gallon for special events along with a variety of sandwich and salad platters.

Since many of us will be hosting events as the holiday season approaches, I spoke with Chef Ramsey to better guide us through the process of hiring the right caterer for special events and corporate meetings. We talked about her passion for food, catering events over the years, and her hosting advice. I hope you find the information helpful and that your holiday season is filled with delicious foods.

Q: Why did you choose a career in the culinary industry?

A: I grew up in the kitchen helping my grandmother. We lived in Belgium and the food that we cooked together was fresh, organic, rich, and nutritious. We cooked on a coal stove and everything was made from scratch. On Sundays, we had large family dinners where my aunt would come and help us cook. I’ve always

had a passion for healthy fresh foods and enjoyed the benefits of cooking and eating well with family and friends. Once I moved to the area I started catering events, my former husband was the General Manager for five restaurants across Connecticut, New York, and Florida and the different menus inspired me to learn new dishes. I enjoyed the challenge of expanding my skill set with food in the kitchen.

Q: What were some of your most memorable catering experiences?

A: Before I started working with Marc at Meli-Melo I catered an amazing Roaring ‘20s party for about 30 people where the menus were inspired by the famous mobsters of that era. I prepared hors d’oeuvre and stationary platters that were mixed into a program that was created by the hosts. I designed the menus to fit the event timeline and special theatrical details which is really important. Hosts should always make sure the food is timed well so that it tastes great and flavors flow nicely throughout. Our teamwork paid off and it was an incredible success. All of the guests really enjoyed the multi-sensory experience. Once I started working with Meli-Melo we catered an event in Westport for 200 people. I organized a lot of details for this one, it was a crepe party and we used everything from bartenders to waitstaff and specialized chefs. For us, it is mandatory to hire and work with professionals when hosting an event of this size. So many little details can be overlooked if not, we only work with event professionals to ensure a successful experience for everyone.

Q: If hosting a small or larger event, what are some of the things to know before hiring a caterer?

A: I would say the most important detail is to know your guest list and approximately how much you want to spend per person. Once I have the details this information makes it easier for me to design a custom menu. Most caterers also have

First I collect all of the details, and I ask a lot of questions about the guests to try and present the best menu ideas. I’m very familiar with international cuisines and enjoy working with so many ethnic flavors.



menu examples for clients to review. Taking a look at these before you hire the caterer is important. Meli-Melo has menus online but mostly I use these as a reference to create something unique for each event or corporate meeting. It’s important to note that some foods are more time intensive and require assembly onsite and others don’t so when trying to save money a custom menu would help. Also, regarding budget, some event organizers can save by ordering platters, these are great for Open House events and corporate meetings. We make it easy by delivering these with our catering truck within a local radius.

Q: As a caterer, what are ways you help your clients plan and manage their events or meetings?

A: First I collect all of the details, and I ask a lot of questions about the guests to try and present the best menu ideas. I’m very familiar with international cuisines and enjoy working with so many ethnic flavors. I also ask for details about the occasion and event timeline or activities to best time the food and staff throughout the event. This is also important for placing rental orders and

managing the event setup and breakdown process. We have a five-hour minimum and that is something to keep in mind when hiring a professional caterer.

Q: What events are you working on this holiday season?

A: This season we are getting booked for cocktail parties and sit-down dinners at private homes. An average cocktail party is for about 25 people and will include a mix of passed appetizers and stationary platters. I recommend 6-8 pieces per person and a variety of protein, vegetables, and seafood. Sitdown dinners typically range anywhere from 12 to 24 people and normally include four courses. A client might also want passed appetizers depending on the occasion. We partner with an expert to pair the food with our client’s wine preference and I’m always up for the challenge of making a client’s favorite dish. My favorite is working with Asian-inspired menus. Also, we normally stay within 30 minutes of the catering kitchen for these types of events.



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Harvest Time Church
1338 King St., 203-531-7778
www.htchurch.com

Worship Services: Sun., 9:00 & 10:30am. All services are streamed on the church's website and YouTube channel. In addition to Sundays, there are also groups for children and teens on Wednesday evenings.

BAPTIST

First Baptist Church
10 Northfield St.; 203-869-7988
www.firstbaptistgreenwich.com

Sunday Servings: 11:30am, Facebook Live or for Devotion: 11-11:25am (Dial in 701- 802-5355, Access code 360922).

Greenwich Baptist Church
10 Indian Rock Ln;
203-869-2807
www.greenwichbaptist.org

Worship: Sun, 11am (in person and online through Facebook & YouTube). Children Sunday School: 9:30am, ages 9-14y. Adult Bible Study: Sun, 9:30am, Fellowship Hall. Prayer Gathering: Wed, 7pm, Pastor's Office or virtual on Google Meets.

CATHOLIC

Sacred Heart Church
95 Henry St.; 203-531-8730
www.sacredheartgreenwich.org

Mass: Mon-Fri, 7am, in the Chapel. Sat, 4pm. Sun: 7:30, 9:30, 11:30am. Confessions: Sat, 3:20-3:50pm. Prayer Group: Thu, 4:30pm, in the Chapel, 38 Gold St, all are welcome. Ministry to the Homebound: if you, or someone you know, is homebound and would like a priest visit you, call the Rectory at 203-531-8730. OktoberFest - Oct. 22: Mass celebrated by Bishop Caggiano, 5pm, followed by social, RSVP, TinyURL.com/CatholicOktoberFest.

St. Catherine of Siena & St. Agnes

St. Agnes: 247 Stanwich Rd; St. Catherine: 4 Riverside Ave;
203-637-3661
www.stc-sta.org

* All Masses at St. Catherine of Siena Church are in-person and livestreamed (<https://events.locallive.tv/worship/stc-sta>)

Masses: Mon, Tue, Thu & Fri: 7am, Church; 5:15pm, Chapel. Tue: Rosary, 6pm, Chapel. Wed: Adoration of the Blessed Sacrament, 8:30am-4pm, Church. Sat (Specific dates confirmed in bulletin): Confessions, 3-4pm, Church; Vigil Mass, 5pm, Church. Sunday Masses: 7:30am, St. Catherine's Church; 8:30am, St. Agne's; 9am, Family Mass, St. Catherine's; 10am, St. Agne's; 10:30am, Traditional Mass, St. Catherine's; 5pm, Teen Mass, St. Catherine's. Masses in other Languages: At St. Catherine's Chapel: French (2nd Sun of the month), 11am; Italian Mass (3rd Sun of the month), 11am. At St. Agne's Church: Korean (every Sunday), 11:30am; Spanish Mass (every Sunday), 6:30pm. Ongoing: Food & Essentials Drive for Neighbor to Neighbor (there will be a car or SUV with an open trunk in the parking lot across from St. Catherine's church on Tuesdays, 9-11am for drop-off donations. Donations can also be dropped at the Sign-in table at Sat, Sun or Daily Mass at St. Agnes). New Day Bereavement Program: Thursdays through Nov. 10, 2:30-4pm, ParishPartners@stc-sta.org, 203-637-3661 ext. 375. Ukraine Benefit Concert - a light reception will follow: Oct. 23, 2:30pm.

St. Mary Church
178 Greenwich Ave.;
203-869-9393
www.stmarygreenwich.org

Public Mass: Sun: 9, 10:30am, 12:15 & 5:15pm. Sat Vigils: 4 & 7pm (Spanish). Daily: Mon-Fri, 12:05pm (Church doors will open from 10am-3pm). Confessions (English): Tue: 7-8pm; Sat: 3-3:45pm. Eucharistic Adoration: 1st Fri of the month: 12:30-5pm.

St. Michael the Archangel
469 North St.; 203-869-5421
www.stmichaelgreenwich.com

Mass: Mon-Fri: 7:30 & 9am. Sat: 9am & 5pm. Sun: 7:30, 8:30, 9:45am, 12 & 5pm. Confession: Sat: 4:15-4:45pm; Wed: 9:30-11am & 6:30-8pm. Eucharistic Adoration: Wed, 9:30am-8pm. New Day Bereavement Program: through Nov. 17, Thu, 7-8:30pm & through Nov. 30 (skipping Nov. 23), Wed, 4-5:30pm, 203-869-5421. Foundations in Faith Youth Group (ages 12-18): Oct. 28, 6:30pm.

St. Timothy Chapel
1034 North St.; 203-869-5421

Mass: Sat: 4pm (Vigil Mass). Sun: 11am.

St. Paul Church
84 Sherwood Ave.; 203-531-8741
www.stpaulgreenwich.org

Mass: Mon-Thu: 9am; Sat: 4pm (Vigil); Sun: 7:30, 9:30 & 11:30am. Confession: Sat, 3-3:45pm. Mass on Holy Days: Vigil: 5:30pm, 9am & 12:15pm. Visit the website for information regarding the Bereavement Group (twice monthly) and weekly volunteer opportunities at the Don Bosco Kitchen and Food Pantry with the St. Paul Mercy Volunteers. All masses are available via livestream through the website. Ongoing: Bishop Barron's Study Program on the Seven Deadly Sins, Seven Lively Virtues: March 28, April 4 & 11, 7-8:30pm, mack42741@gmail.com. Mass each Friday during Lent Season, 9am, followed by The Stations of the Cross. Evenings For Married Couples: 1st Thurs of every month, 7:30pm. Coat Drive: through Nov. 6.

St. Roch Church
10 St. Roch Ave; 203-869-4176
www.strochchurch.com

Mass: (Reservations and/or for viewing via live streaming): Mon-Fri: 7:30pm; Sat: 5pm; Sun: 7:30am (Concelebrated for Previously Scheduled 9:30am Mass Intentions), 10:30am, 12pm (Spanish). Mass Intentions: consult the bulletin for time.

CHRISTIAN SCIENCE

First Church of Christ, Scientist
11 Park Pl; 203-869-1555
christiansciencet.org/greenwich

Sundays: 10:30am. Sunday School: for students up to 20yrs, 10:30am, Wed. 7:30, testimonies of healing - call in for all services 203-680-9095 code 520520*. Reading Room, 333 Greenwich Ave. 203-869-2503, M-F, 11-3, some Saturdays. Bibles and children's books for sale. Oct. 23: "Probation After Death". Oct. 30: "Everlasting Punishment".

COMMUNITY

First Church of Round Hill
464 Round Hill Rd;
203-629-3876
www.firstchurchofroundhill.com

In-person worship: Sundays, 10am.

Round Hill Community Church
395 Round Hill Rd;
203-869-1091
www.roundhillcommunitychurch.org

Weekly Sunday Worship services in the Sanctuary at 10am or online at roundhillcommunitychurch.org anytime. Children's Worship for grades K-5 is now available; nursery care is not yet being offered. Please call the church office or visit the website for the most up-to-date information, events, and schedules, which are subject to change based on current local health and safety protocols. Autumn Bible Study: Oct. 23; Nov. 6 & 20. "Breakfast Run" to NYC: Oct. 22.

CONGREGATIONAL

The First Congregational Church
108 Sound Beach Ave;
203-637-1791
www.fccog.org

Worship: In-Person & Virtual: Sundays, 10am. Live-streaming on YouTube and Facebook, and broadcast on WGCH (1490 AM). Connect during the week: Friday: Friday Email Blast (sign up by calling the church office); Church school before worship most Sundays, 9am for preschoolers through grade 6. Online programming available via Zoom. A joyful community diverse in spiritual backgrounds and beliefs. Ministry Fair: Oct. 23, 11am. Positive Parenting For Everyday Challenges: Oct. 25, 7pm.

North Greenwich Congregational
606 Riversville Rd; 203-869-7763
www.northgreenwichchurch.org

Online Worship Service: Sun, 10:30am, via Zoom (email Rev. Halac at Pastor@northgreenwichchurch.org or call the church).

Second Congregational Church
139 E Putnam Ave;
203-869-9311
www.2cc.org

Worship: Sun, 8:30 & 10:30am. Children's Chapel & Middle School Youth Group: Sunday during 10:30 worship. Act II Pop Up Shop: Oct. 20-22, 10-4 & Oct. 23, 12-3. Halloween Haunt with Greenwich EMS: Oct. 30, 11:45am (reservations required).

EPISCOPAL

Anglican Church of the Advent
606 Riversville Rd; 203-861-2432
www.churchoftheadvent.org

Service: Sun, 9am, Holy Eucharist. Sunday School during academic year.

Christ Church Greenwich
254 E. Putnam Ave;
203-869-6600
www.christchurchgreenwich.org

Holy Eucharist: Sun, 8am (Chapel); 10am (Church/ in-person & livestream). "Messy Church" Family Holy Eucharist: Sun, 9am (dates: Sept. 11 & 25, Oct. 9 & 23, Nov. 13 and Dec. 11), Behind the Tomes-Higgins House (Oct-Dec location: Parish Hall), bring a chair or blanket. Choral Evensong: Sun, 5pm (in-person & livestream). Mon-Fri: Morning Prayer, 8am (via Zoom). Wed: Eucharist, 10am (Church) Thu: Choral Evensong, 6:30pm (in-person & livestream). The Tanzania Trip: Jan. 12-24, 2023, kfroyce@gmail.com. James O'Donnell performs the Inaugural Concert on the new Harrison & Harrison Organ: Oct. 22, 5pm, \$40, \$125 (Patron Seating), \$20 (students with ID). Men's Fall Breakfast with The Rev. Frank Allen: Oct. 29, 8:30am, Tomes-Higgins House. Met Tour of the Tudors with Page Knox: Nov. 1, 10:15am. Women's "Living Well" Retreat: Nov. 4-5, Camp Washington, Lakeside.

St. Barnabas Episcopal Church
954 Lake Ave.; 203-661-5526
www.stbarnabasgreenwich.org

Sunday Worship: Spoken Eucharist, 10am (Summer), Church; Holy Eucharist with music, 10am, Church and Livestream; Family Eucharist, 10am, Parish Hall. Coffee and Morning Prayers Podcast: Mon-Fri. Pacific House Outreach: Oct. 25, 5:30pm. All Hallows' Service with The Rev. Meg Finnerud: Oct. 31, 4pm.

St. Paul's Episcopal Church
200 Riverside Ave.;
203-637-2447
www.stpaulsriverside.org

Worship: Sundays: 10:15am (in person and streaming). Coffee hour immediately following worship service. Sunday school in Selck Hall resumes on Sept. 25 - including Frolic Faith class for toddlers 2 years+. Ongoing: Neighbor-to-Neighbor food drive - pick-up every Thursday, 10-11:30am in the parking lot.

St. Saviour's Episcopal Church
350 Sound Beach Ave; 203-637-2262
www.saintsaviours.org

In-person Outdoor Service: Sun, 11am. Online Worship Services available on Youtube.

JEWISH

Chabad Lubavitch of Greenwich
75 Mason St.; 203-629-9059
www.chabadgreenwich.org

Please visit our website for details on Shabbat services, classes, programs and more.

Congregation Shir Ami
One W. Putnam Ave;
203-274-5376
www.congregationshirami.org

All services, programs and celebrations are available online via Zoom. Living in Jewish Time: Voting as a Jewish Value: Oct. 25, 7:30-8:30pm.

Greenwich Reform Synagogue
92 Orchard St.; 203-629-0018
www.grs.org

Join Rabbi Gerson and Cantor Rubin every Friday, 6pm for Shabbat Services, and once a month for Tot Shabbat, 5:30pm. All in person services are also live streamed on Zoom. Bagels with J Street's Nadav Tamir: Oct. 23, 10am, RSVP, Lisa@GRS.org.

Temple Shalom
300 E. Putnam Ave.;
203-869-7191
www.templeholom.com

Services - In-person and virtual Friday night Shabbat services, 6:30pm & Saturday morning Shabbat services, 10:30am. Musical Shabbat With Mikhal & Ella/Aufruf Of Ezra Hurvitz & Samantha Schafler: Oct. 21, 7:30pm.

LUTHERAN

First Lutheran Church
38 Field Point Rd.;
203-869-0032
www.flcgreenwich.org

Indoor Service: Sun, 10:30am. Bible Study: Sun, 11:45am.

St. Paul Lutheran Church
286 Delavan Ave.;
203-531-8466

Indoor Service: Sun, 9am. Bible Study: Sun, 10:15am. Wednesday After-School program: Snacks & Crafts, 3-4pm; Bible Stories & Catechesis, 4-5pm; Community Dinner, 5:30pm (all are welcome); Bible Study on Romans (adults), 6:30pm.

METHODIST

Diamond Hill United Methodist
521 E. Putnam Ave.;
203-869-2395
www.diamondhillumc.com

In-person & Online Worship Service every Sunday, 10am, followed by a time of Fellowship. Wednesday Noonday Prayer & Wednesday Evening Bible Study. (Details at diamondhill.com).

First United Methodist Church
59 E. Putnam Ave.; 203-629-9584
www.fumcgreenwich.com

Virtual Sunday Worship, 9:30am, via Zoom (203 629 9584). Virtual Daily Gathering: Mon-Fri, 3pm, Zoom. Talking with Your Hands: Mon, 3pm. Reading this World as a Christian: Tue, 3pm. Back to Rock - music with Mr. Bruce: Tue, 3pm, via Zoom. Reading the Shape of Scripture: Wed, 3pm, via Zoom. Spring Bible Study: Thu, 3pm, via Zoom. Tea & Talk: Fri 3pm, via Zoom.

Bethel African Methodist Episcopal
42 Lake Ave.; 203-661-3099

Worship via teleconference: Sun, 11am and until further notice (Dial-in number: 425-436-6380, Access code: 612220).

NONDENOMINATIONAL

Dingletown Community Church
376 Stanwich Rd., at Barnstable Lane

Sunday Service: 10:30am. Philip Antinone - Chaplain.

Revive Church
90 Harding Rd., Old Greenwich (Old Greenwich Civic Center)
www.myrevive.org

Worship Service: Sun, 10am, Holiday Inn 980 Hope St, Stamford. Online Sermons available on Facebook (facebook.com/myrevivechurchgreenwich) and on Youtube. All groups are online. Direct any prayer needs to the prayer chain at 203-536-2686 or revivecfm@gmail.com.

Stanwich Church
202 Taconic Rd.; 203-661-4420
www.stanwichchurch.org

Events marked with an "*" require registration at stanwichchurch.org/events

Worship Service: Sundays, 9 & 10:45am. *Christ & Culture with Dr. Tracy McKenzie: Oct. 28, 6:30pm. Stuffed Animal Collection: Ongoing through Oct. 30.

The Albertson Memorial Church
293 Sound Beach Ave; 203-637-4615
www.albertsonchurch.org

Sunday Service: 7pm, via Zoom. Virtual Children's Lyceum (ages 5-14): 3rd Sunday of the month, 10-10:40am. Healing Service: 3rd Thursday of the month, 7-7:30pm. (Email Albertsonpcc@gmail.com for registration and Zoom Links).

Trinity Church
5 River Rd.; 203-618-0808
www.trinitychurch.life

In-Person Services: Sun., 9:45am, Hyatt Regency Greenwich, 1800 E. Putnam Ave.; 10am, Radisson Hotel, New Rochelle, 1 Radisson Plaza; 11am, The Chapel at NPC, 2011 Post Rd, Darien. Online Service: Sun, 9:45am, youtube.com/c/TrinityChurch-Life/live. Women's Breakfast: Oct. 22, 9-11am, Trinity Ministry Center 5 River Rd.

PRESBYTERIAN

First Presbyterian Church
1 W. Putnam Ave.;
203-869-8686
www.fpcg.org

Sunday Worship: 10am, in the Sanctuary; 5pm, in the Chapel (Starting Oct. 2).

Grace Church of Greenwich
89 Maple Ave.
203-861-7555
www.gracechurchgreenwich.com

Worship: Sun, 10am, Woman's Club of Greenwich, 89 Maple Ave. (Outside - seats available inside). Bible Studies and Sunday School meet in person. All are welcome.

Living Hope Community Church
38 West End Ave;
203-637-3669
www.LivingHopect.org

In-person & online (LivingHopect.org/livestream) worship Sundays: 10am. Register and more information: livinghopect.org/resources/alpha. Ongoing: Farmers Market: Wednesdays, 2:30-6:30pm.

OBITUARIES

Through the generosity of the Greenwich Sentinel Foundation, this newspaper does NOT charge for obituaries. Please send obituaries, photos, and service information to Carroll@GreenwichSentinel.com. To give to the Greenwich Sentinel Foundation, visit: https://secure.anedot.com/sentinel_foundation/donate

Ralph DeNunzio



Ralph D. DeNunzio, the longtime Chief Executive Officer of Kidder, Peabody & Co. Incorporated and a prominent leader on Wall Street for many years, died peacefully on October 17, after a long illness. He was 90 years old.

Born in White Plains, NY, Mr. DeNunzio graduated from Fordham Preparatory School and Princeton University, from which he received a degree cum laude in Classics in 1953. In July of that year, he joined the training program at Kidder, Peabody, where he would spend his entire career. In 1977 he became President of the firm, and in 1980 he was named Chief Executive Officer, a post he held until 1987, shortly after the firm was acquired by General Electric & Company. During his tenure the firm grew dramatically, expanding internationally and in traditional investment banking and high net worth securities brokerage.

Mr. DeNunzio's leadership roles extended beyond Kidder, Peabody. He was elected Chairman of the Board of Governors of the New York Stock Exchange in 1971, the youngest person – at age 39 – to hold that position. At the NYSE he presided over a historic reorganization of the Board to evolve the Chairman's position from a voluntary to full-time role. He also chaired the Securities Industry Task Force formed to spearhead legislation to protect individual investors. Its work resulted in the Securities Investor Protection Act of 1970 and the Securities Investor Protection Corporation (SIPC). He was appointed by President Nixon, and subsequently by Presidents Carter and Reagan, to consecutive terms as a Director of SIPC.

Mr. DeNunzio served on numerous corporate and educational boards, including the Harris Corporation, AMP Incorporated, Nike and FedEx. He was a former trustee of his alma mater, Princeton University, and a past President of the Board of both Greenwich Country Day School and Deerfield Academy. He later gave generously to these institutions, with gifts to build DeNunzio Pool at Princeton and the DeNunzio Dormitory at Deerfield Academy. As a life-long sports enthusiast, he worked on the design and building of the Princeton Football Stadium, whose media press box is named in his honor. He and his family also endowed the

Jean Ames DeNunzio Fund for Faculty Development at the College of Mount Saint Vincent in Riverdale, NY, the alma mater of his late wife, Jean.

Mr. DeNunzio married Jean Ames in 1954 and for 66 years they shared a loving, devoted partnership, focused on nurturing their family together (Mrs. DeNunzio died in January 2020). They resided in Riverside, CT and Vero Beach, FL. They were the parents of three boys: David (Jocelyne) of Greenwich, CT; Peter of New York, NY; and Thomas (Suzanne) DeNunzio of Warrick, RI, each of whom survives them, as do their eight grandchildren.

Visiting hours will take place at the Leo P. Gallagher home in Greenwich, and the funeral service will be held at St. Catherine's of Sienna Church in Riverside. For further information, please visit leopgallaghergreenwich.com.

In lieu of flowers, please consider making a donation in Ralph's memory to the Princeton Varsity Club: PrincetonVarsityClub.org.

Kathleen Dance



Kathleen Ann "Kathy" Dance, 69, of Sharon, passed away unexpectedly Friday, October 14, in her home. She was the loving wife of the late Thomas Dance.

Kathleen was born January 14, 1953 in Port Chester, NY, the daughter of the late Joseph and Veronica Dzaluk Grandison. Kathleen was a graduate of Greenwich High School.

She began her career at Fawcett Publications in Greenwich. After moving to Sharon in 1984, Kathy worked for several local businesses including the Kenny Funeral Home. At the time of her death she was a customer service representative for Superior Plus Energy Services, where she worked for 22 years.

She is survived by her daughters, Carrie-Ann Dance of Sharon, and Jamie Kennedy and her husband Thomas of Harwinton. She was the beloved Nana of Autumn, Thomas and Sophia Beeman, and Kayden and Kolton Kennedy. Also surviving are her sister Tina Spinelli and her husband Ludwig and their sons, Matt, Geoff and Justin. She was predeceased by her son Woodrow Dance.

Services, arranged by the Kenny Funeral Home, 41 Main St., Sharon, were held earlier this week.

Memorial contributions may be made

to the Sharon Volunteer Ambulance, P.O. Box 357, Sharon, CT. 06069.

Barbara Brink

Barbara Muth Brink, 88, of Greenwich, passed away peacefully at Greenwich Hospital on October 12, with her family present. She was predeceased by her husband, Folger Brink (d.2003), her parents, George and Irene Muth of Yonkers, NY, and her brother, George Muth of Putnam Valley, NY. Barbara is survived by her brother, Marcus Muth of Rockfield, Kentucky and her three children, Mary Alice Schulte (Greg) of Stamford, Tom Brink (Susan) of Tampa, Florida and Katrina Brink of Portland, Oregon, as well as six grandsons: Michael Borchetta, Evan Borchetta, Ryan Borchetta, Jake Schulte, Matthew Brink and Jonathan Brink.

Barbara was born on April 2, 1934, at White Plains Hospital and raised in Yonkers, NY. She was a proud member of the Manhattanville College class of 1956 (English major) and a champion for young women furthering their education. She and Folger moved to Greenwich in 1971 and she became active in such groups as the Putnam Hill Chapter of the DAR, always proud of her family's long heritage. She worked as a substitute teacher in the ESL classroom on and off for many years and at the YWCA daycare for close to 20 years where she met many families in town. It always makes her family's day to hear parents fondly recall memories of Barbara caring for their children. Always up for a brain teaser, she enjoyed crossword puzzles, watching game shows, playing card games and trivial pursuit with her family. She was prone to calling out opponents who were not up to the challenge.

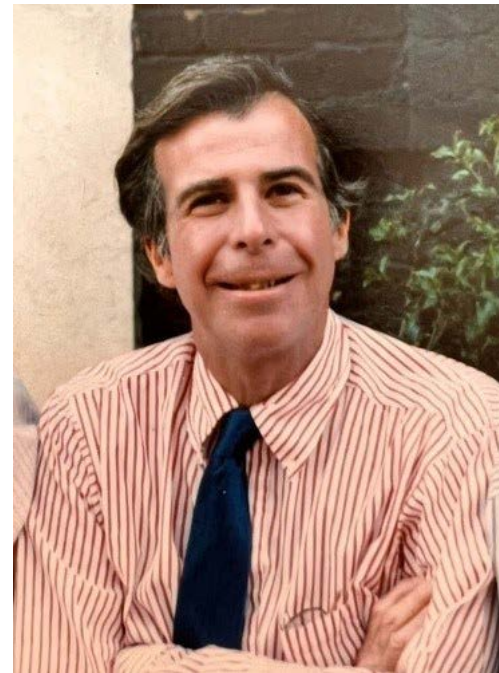
In recent years she resided at both Parsonage Cottage and Nathaniel Witherell where she enjoyed her community of friends and caring staff. She loved scary movies and expressed disappointment in recent days that Halloween movies were no longer as frightening as in her youth. Her days were always brighter with the delivery of coffee and some chocolate or a donut by her daughter, Mary Alice.

Barbara was a devout Catholic throughout her life and it brings her family comfort that she is now at peace and reunited with our father, her family and friends.

There was a viewing at Knapp funeral home on Sunday, October 16. A mass of Christian burial was held on Monday, October 17 at Saint Mary's Church in Greenwich.

In lieu of flowers, a tax-deductible donation may be made to: Friends of Nathaniel Witherell, for the Barbara Brink Salon Fund, 70 Parsonage Road, Greenwich, CT 06830. Barbara loved having her hair done and wants to share the uplifting experience with others at Witherell.

Stratford Wallace



Stratford C. Wallace, a longtime resident of New York City, and Greenwich, CT, died at home on Monday, October 10. He was 85.

Born in New York City, he was the son of Dr. Stratford Corbett Wallace and Dolorita Fitzgerald Wallace. He was a graduate of Georgetown University ('59), Fordham Law School ('62), and served in the U.S. Army from 1962-1964. He was a real estate attorney and managed his family's New York City real estate properties.

He is survived by his wife of 59 years, Kathleen F. Wallace; his sisters, Marie Powers and Julia Wallace; his brother, William; his 5 children, Kathleen Wallace-Silver, Deborah Ruddy, Stratford Wallace Jr., Laurence, and Brendan; his grandchildren, Emily and Isabelle Silver; Peter, Luke, John, and Joseph Ruddy, Charlotte and Stratford "Ford" Wallace. He was predeceased by his sister, Dolorita Moore.

Stratford was a deeply devoted and loving husband, father and brother. He cherished spending time with family. He loved sailing, running, ocean-swimming and family time in Spring Lake, NJ, and Chatham, Cape Cod. Like his beloved parents, he was passionate about New York City, particularly its real estate history.

Stratford was a devout Catholic and

an ongoing supporter of many charitable organizations, including the Little Sisters of the Assumption, Calvary Hospital, and the Haitian Health Foundation (HHF). He was deeply moved by his many visits to Haiti with the HHF.

The Funeral Mass was celebrated on Friday, October 14 at their family church, St. Ignatius Loyola Church, New York, NY, 10028. Interment followed at Gate of Heaven Cemetery in Hawthorne, NY.

In lieu of flowers, please consider making a memorial donation to the Haitian Health Foundation, <https://www.haitianhealthfoundation.org>

Gwen Bylinsky



Gwen Gallegos Bylinsky, 95, died at home Friday, September 30 in Fort Collins, CO, surrounded by friends and family. Gwen, the firstborn child of Manuel "Lito" Gallegos and Carmela Niccoli, was born in a company home on the grounds of the Columbine Mine in Weld County on September 20, 1927.

From the age of five, Gwen grew up within walking distance of St. John's School in Denver, which she attended through 8th grade. It was early in life when she found her voice. "I was always singing and driving my mother crazy," Gwen remembered. At age 8 or 9 she began voice lessons with Madame De Costa. As a teenager, she regularly sang at 11 o'clock Mass at Holy Ghost Church. During the war years, Gwen often sang at Fitzsimons General Hospital in the wards for wounded soldiers. After graduating from St. Mary's Academy in 1945, Gwen began her vocal studies with Florence Lamont Hinman. In 1946 she was selected as a student singer member of the Central City Opera ensemble. The following year she was a soloist with the Denver Symphony Orchestra at the Elitch Gardens Pops Concert in July. Around the same time, she performed with the Lamont Singers at Red Rocks.

Gwen continued her vocal studies at Louisiana State University after graduating from The Lamont School of Music of the University of Denver. She fell in love with Louisiana, and that's where she fell in love with Gene Bylinsky. They married in Denver in August 1955. Around this time, Gwen applied her talent as a natural storyteller to learning the craft of writing and magazine production. In Louisiana, she worked for The Register, a Baton Rouge society magazine. In addition to being a 'Girl Friday', Gwen had the opportunity to write for the magazine and design ads. She later worked as a society editor for the Baton Rouge Morning Advocate/State Times; as an editor for Dallas Fashion and Sportswear in Dallas, Tex.; and as a reporter for Pacific Shipper, a magazine based in San Francisco.

Gwen never forgot her early childhood in the coal mining camps and her family's struggles during the Great Depression. Gwen was generous to those in need and spent many years volunteering. As a teenager, she served as a candy stripper at a Denver hospital, where she helped apply hot moist towels to the paralyzed limbs of polio victims. While living in Connecticut, she volunteered at Neighbor to Neighbor, a food pantry, and served on the Greenwich Board of Social Services. Her passion was grassroots Democratic politics. She was chair of the Democratic Women's Club and the Democratic Town Committee. In 1996 she ran for office as the Democrat candidate for State Representative 151st District. Although Gwen never won a race in the overwhelmingly a Republican district, she put her heart and soul into representing the Democrat minority.

She was predeceased by her husband of 53 years, Gene Michael Bylinsky, and by two brothers, Lito "Junior" Gallegos, and Harold Gallegos. She is survived by two brothers, Joseph Gallegos of Denver and Donald Gallegos of Littleton; her son Gregory Bylinsky and his wife, Mae Hsieh; her daughter Tanya B. Fabian and son-in-law Chris Fabian; and six grandchildren.

A Mass of Christian Burial was held Friday, October 14 at St. Joseph Catholic Church in Fort Collins. A rosary preceded the funeral service.

In lieu of flowers, Gwen asked that donations be made to Haven of Hope in Denver or Pathways Hospice in Fort Collins.



St. Mary-Putnam Cemetery

We are in the process of obtaining our arboretum accreditation and many of our trees are already labeled for your discovery and enjoyment.

Some notable cemetery sites are the Millbank Mausoleum and the graves of Prescott Bush, Victor Borge, and William Hornaday.

Ask our staff any questions about "pre-planning" your burial requirements.

- Daily "work-out" walks
- Walk your leashed pets
- Admire family gardens and beautiful mausoleums



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Setting Out with God



By EDWARD HORSTMANN

Bill and Marilyn were members of a congregation I served. They were gracious, curious people with a vibrant sense of humor. Deeply devoted to their church they could always be counted upon to appear in their usual seats every Sunday. I believe everyone who knew them expected they would live out their days in the community they loved and served so well.

Then one day they moved.

The story of Abram and Sarai is told in the Biblical book of Genesis. They lived centuries before Bill and Marilyn and may also have been well settled in the community they called home. They were in their elder years, perhaps thinking they were set for life. Then God stopped by; a blessed intrusion that changed their lives in dramatic ways.

And so, one day they moved.

When I think of Bill and Marilyn, and Abram and Sarai, I think of the phrase 'opportunity knocks.' Sometimes the knock may come softly, as I think it did for Bill and Marilyn. At other times, opportunity knocks the door down. In the story of Abram and Sarai, the call to follow God was expressed in strong, urgent verbs: "Get up; get going!"

If I was confronted by a

challenge to pack up everything just when I thought I had arranged all my stuff for the last time I might say, "Let me at least think about it." Which could be my way of saying, "Thanks, but no thanks."

But that's not what Abram and Sarai said. In fact, it seemed to take them no time at all to say yes to a God they barely knew and set out on the journey of a lifetime. Does their rapid response indicate an inborn readiness to welcome the unexpected? "Wake up ready to learn!" said the writer, Anthony DeMello. Maybe Abram and Sarai were, as the saying goes, born ready.

When Bill and Marilyn packed up and moved to a different part of the country, they were responding to a call from their daughter who wanted them to move closer to her and her family, in the far west of the United States. That makes the move seem more understandable, but still, it was a big move. Yet they, too, seemed ready for it. Maybe they had a little of that get up and go spirit that inspired Abram and Sarai to say farewell to the familiar and move on down the road, following only the promises of God. Maybe all these people understood the truth of these words from the philosopher, Ashley Montagu:

"The key to life is to die young as late as possible!"

We can cultivate a readiness to follow the movements of the Spirit, even when those subtle or not so subtle stirrings compel us to make massive transitions. In fact, here's the job description of every community of faith: to help people figure out what God is up to, and then do what God is doing. Pope Francis said it this way: to stay close to God we need to know how to set out. And as we set out, we will discover the truth of who we are and who we are meant to be. The author, Liz Gilbert, once said that "if you are brave enough to leave behind everything familiar and comforting (anything from your house to your bitter old resentments) and set out on a truth-seeking journey, and if you are truly willing to regard everything that happens to you on that journey as a clue, and if you accept everyone you meet along the way as a teacher, and if you are prepared - most of all - to face (and forgive) some very difficult realities about yourself... then truth will not be withheld from you."

Ray Anderson was open to that kind of journey. He created Interface in the 1970's to become one of the foremost manufacturers and distributors of carpet tile. Interface

eventually employed seven thousand people and showed great profits. It all seemed like a great success. Except that when Ray Anderson thought about how to make his company more environmentally friendly, he faced uncomfortable truths. "For the first 21 years of our company's existence," he said, "I never gave one thought to what we were taking from the earth or doing to the earth except to be sure we were...keeping ourselves clean in a regulatory sense and obeying the law. We had very little environmental awareness until August 1994." At that time Ray Anderson presented his company with a "new vision, that Interface would become the first name in industrial ecology, worldwide, through substance, not words." By the year 2020, Interface had turned Anderson's vision of sustainability into a dream come true.

To say yes when God, and truth, and compassion, come calling; that's faith. And faith will open us to glorious possibilities and breathtaking demands. It will bring us closer to God as together we bring hope and healing to the world.

The Rev. Dr. Ed Horstmann is the Senior Pastor of Round Hill Community Church. He is also an artist and amateur questionologist.

Parsonage Cottage: Charming

Parsonage Cottage Senior Residence knows that selecting the right residence is more than choosing a new home. Parsonage Cottage acts as a partner for independent living in a unique and warm environment. Their approach focuses on giving residents a variety of experiences that will enable them to enjoy a lifestyle that allows them to thrive and flourish.

Parsonage Cottage Senior Residence was established twenty-five years ago on March 6, 1997, as a 40-bed senior home, providing a safe, caring environment in a congregate setting that promotes and ensures the happiness, comfort, and well-being of its residents. Now, years later, Parsonage Cottage continues to be a priceless resource for the seniors in our community who wish to remain in Greenwich.

"It's really the people that make the difference. Parsonage Cottage has a caring staff, a hard-working Board of Directors, and every resident is treated as

a family member," commented Lore, who celebrated 20 years as Executive Director last year. According to Lore, the residents' average age is 80, and the typical length of stay is five years, but they have had residents who have lived there for more than 15 years. With their independence and interests in mind, "we really do cherish and value our residents' happiness, dignity, and pride," commented Lore.

A longtime supporter of the assisted living facility, First Selectman Fred Camillo also enjoys the time he spends there. "Visiting Parsonage Cottage is always a great experience for me. We are so fortunate to have a resource like Parsonage for the past 25 years. I congratulate Penny Lore and her exceptional staff," Mr. Camillo said.

The charming "Cottage" has bright, well-appointed rooms with en-suite private baths and age-friendly walk-in showers and includes housekeeping. Three nutritious meals, prepared by full-

time chefs, use fresh, seasonal ingredients daily in the recently renovated dining room. Special diets receive individual attention, and snacks are served around the clock, including an Espresso Bar and specialty Happy Hours.

Parsonage Cottage, one of the properties managed by Greenwich Communities, enjoys relationships with several community partners such as Greenwich Botanical Centers, Greenwich Country Day School Center for Public Good, Sweet Readers, the Boys and Girls Club of Greenwich, and more. In addition to a Board of Directors, Parsonage Cottage also benefits from an active Junior Advisory Board, which holds several events and fundraisers throughout the year to support the residents of Parsonage Cottage.

The vibrant social environment ensures that there is always something to do at Parsonage. Their monthly calendar of activities, including Arts and Crafts, games and

brain challenges, Zooms with family and friends, ministry services on Sundays, themed events and game nights, a piano, free cable and Wi-Fi, music and dancing, and a large screen for movie nights with popcorn. The residents also enjoy off-grounds outings to area restaurants, parks, and beaches.

There are level walking paths, gardens, benches, front porch rocking chairs, and a large terrace outside the dining area for outdoor relaxation, entertainment, and enjoyment. Outdoor and indoor instructor-led fitness opportunities include Zumba, Tai Chi, Chair Yoga, Meditation, and more. There is also a well-maintained Putting Green steps away from the front door.

Parsonage Cottage residents truly live life their way.

For a tour and consultation, contact Penny Lore at 203-869-6226 or Penny@parsonagecottage.org.



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The High-End Market Over \$5 Million: \$5 - 10M Looking Good, Over \$10 Million Not So Much



By MARK PRUNER

This year by the end of September, we have sold 75 houses between \$5 and 10 million. This compares to 101 sales through the same time last year or a drop of 25%.

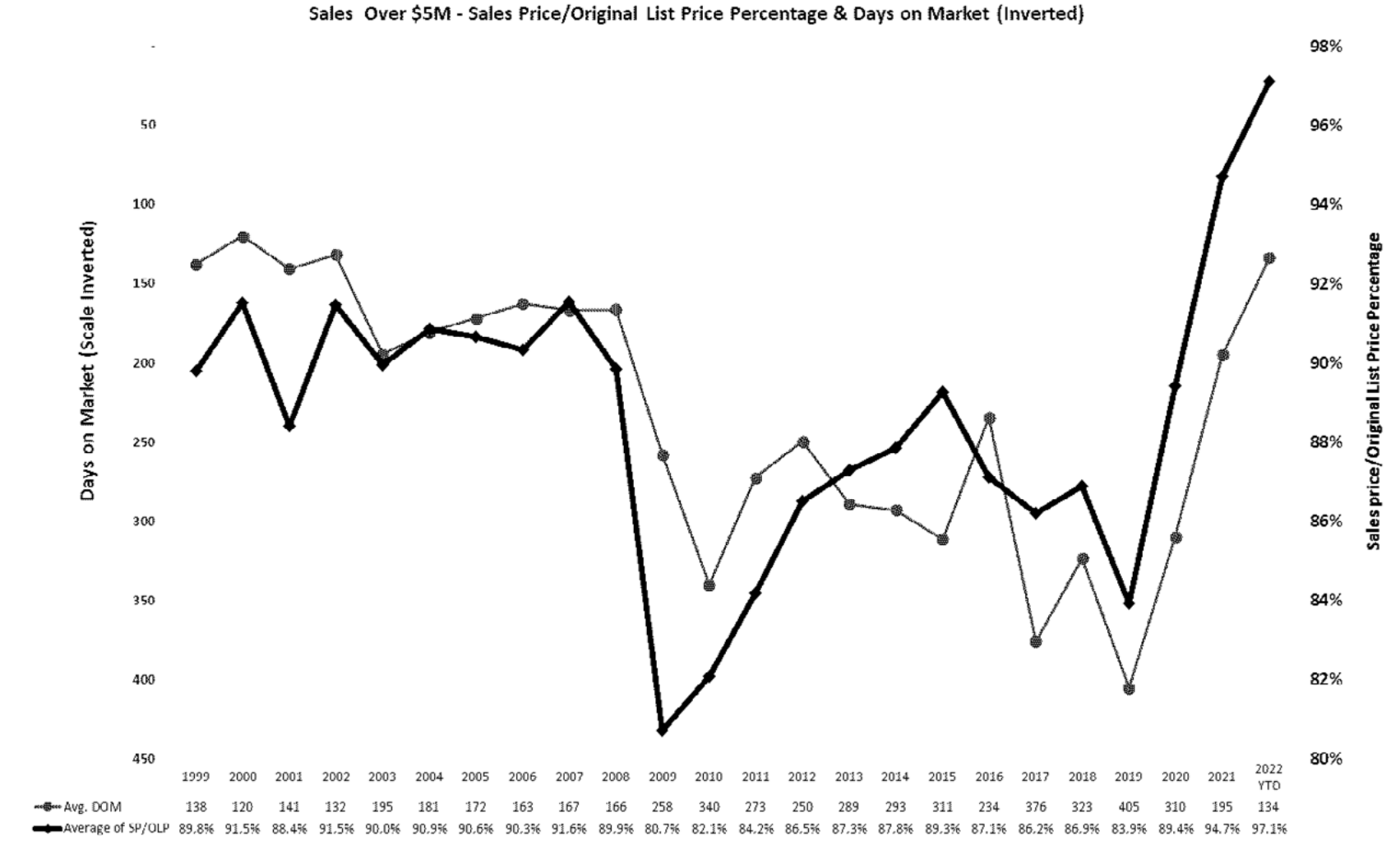
Over \$10 million we have 8 sales which is down only one sale from last year. The problem at the ultra-high end is that 3 of last year's sales were truly spectacular, even by Greenwich standards, with sales for \$50M, \$45M and \$27.5M. So far this year our highest sale has been \$17.6M. This comparison is a little unfair since last year our highest sale for \$50 million occurred on December 1st, so we still have time to catch up, but we better hurry as we only have one house under contract and that is listed for \$10.2 million dollars.

If you look at the entire year by annualizing our 2022 sales so far you come with a projected 112 sales for the year and a total dollar amount of \$783 million compared to total sales of 135 sales last year and \$1.069 billion dollars. That sounds pretty horrible, a drop of 23 sales and \$287 million or over a quarter billion dollars in lost sales volume at the high-end.

These projected 2022 numbers are not horrible, in fact they are excellent. Go back two years and in 2020, we only had 81 sales over \$5 million. For an even better comparison, if you go back to the most recent pre-Covid year of 2019, we only had 41 sales over \$5 million. with sales volume of only \$316 million. So, this year we are projected to have \$467 million more sales volume than we had in 2019. In fact, go back as far as we have data to 1999, only one year had 100 sales and that was the pre-recession, boom year of 2007. It's likely that 2022 will be the second best year that the high-end has ever seen.

Our sales stay strong all the way up to \$10 million. From \$5-6.5 million we have had 41 sales and from \$6.5 - \$10 million we have had 34 sales. (I divide the price range at \$6.5 million since that is roughly the price where inventory is equally divided.)

When you look at where these sales are you see that they are in backcountry, mid-country and along the water in Belle Haven, Mead Point, Riverside and Old Greenwich. As you might expect inventory is concentrated in the same areas, mid-country is where we are seeing noticeably more inventory than sales. Our four-acre zone has the potential for much larger houses in backcountry, which is very attractive to the



Inventory as of 10/1/22	Inventory	Contracts	Last Mo. Solds	Last Mo Solds+ Contracts	YTD Solds	YTD+ Contracts	Mos Supply	Mos w/ Contracts	Last Mo. Annlzd
< \$600K	0	0	0	0	3	3	0.0	0.0	.
\$600-\$800K	5	1	2	3	18	19	2.5	2.8	2.5
\$800K-\$1M	6	3	4	7	33	36	1.6	1.8	1.5
\$1-\$1.5M	16	9	8	17	70	79	2.1	2.1	2.0
\$1.5-\$2M	25	2	12	14	86	88	2.6	3.0	2.1
\$2-\$3M	37	18	13	31	114	132	2.9	2.9	2.8
\$3-\$4M	27	12	6	18	70	82	3.5	3.5	4.5
\$4-\$5M	27	5	2	7	58	63	4.2	4.5	13.5
\$5-6.5M	25	8	4	12	41	49	5.5	5.4	6.3
\$6.5-\$10M	21	9	5	14	34	43	5.6	5.1	4.2
> \$10M	34	0	0	0	8	8	38.3	44.6	.
TOTAL	223	67	56	123	535	602	3.8	3.9	4.0

When you look at the 2022 sales, they look very good in comparison to all the previous years, except when compared to last year's record sales.

high-end luxury market. Along the water, you've got Long Island views, so the lots seem much bigger, at least if you only look Soundward.

If you look at high-end sales by neighborhood, you'll notice that the law of small numbers kicks in and we see these number jump around from year to year. What you also see however is that 2017 was a good year for high-end sales, with 61 total sales and then we saw drops in 2018 and 2019 as the changes in the Tax Cut and Jobs Act kicked in with 48 sales and 40 sales respectively. With Covid, sales went up in 2020 to 79 sales and to 131 sales in 2021.

As you will note, we only have

5 neighborhoods with sales over \$5 million: backcountry, mid-country, South of the Post Road, Old Greenwich and Riverside. Since 1999, we also have seen high-end sales in Byram along Byram Shore Drive with 12 sales, 5 sales in Glenville and 1 sale in Cos Cob in the same period. (Now some people are going to protest that there are more and there are many more, but these are the sales that have been reported to the Greenwich MLS.)

When you look at the 2022 sales, they look very good in comparison to all the previous years, except when compared to last year's record sales. That's why year over year sales comparison

this year are so deceptive. What is a big decline in this year from last year, actually makes 2022 our penultimate year historically for high-end sales.

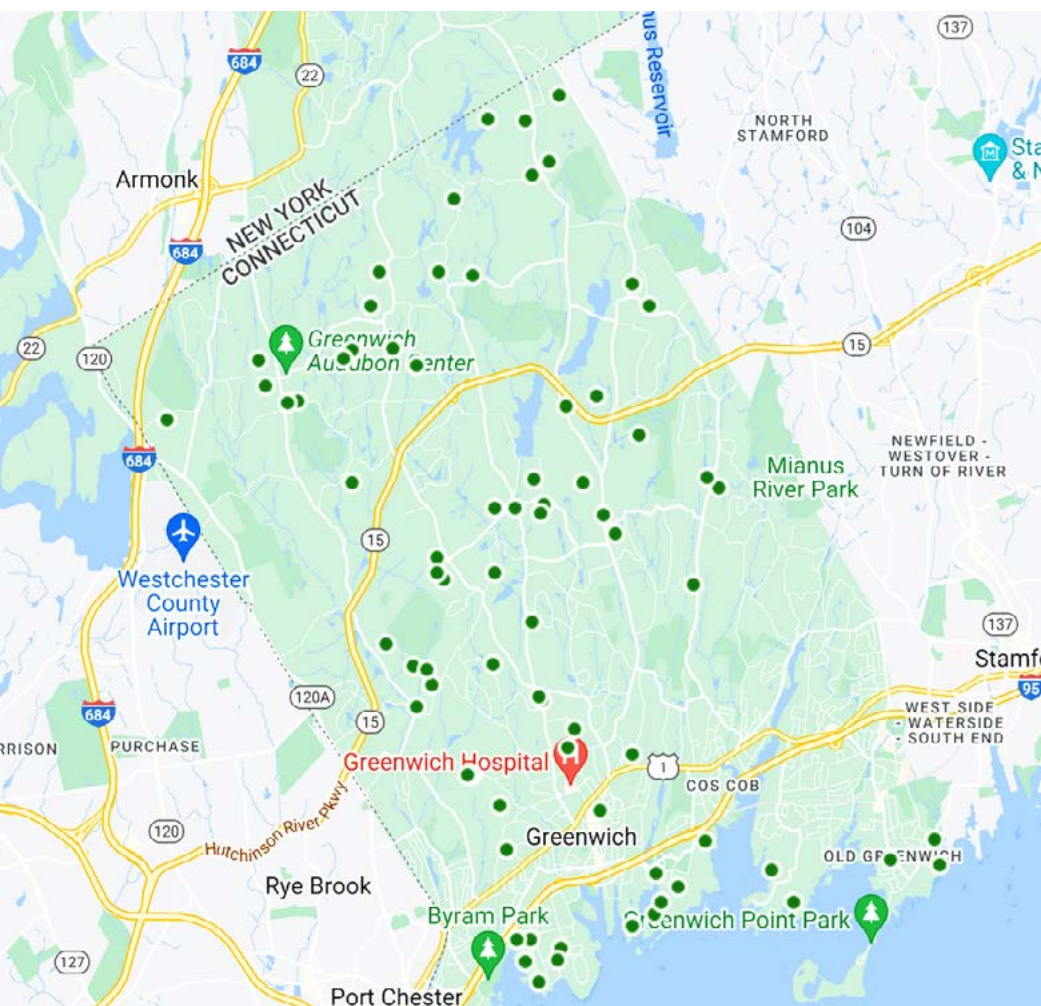
You could even argue that our high-end market is actually tighter than last year, when you look at days on market for sold properties and the sales price to original list price ratio. Last year our average for days on market was 195 days for properties that sold. This year that number has dropped to 134 days on market.

Last year, our high-end house sale price to original list price percentage was 94.7%, the highest percentage ever until this year. This year, high-end houses were

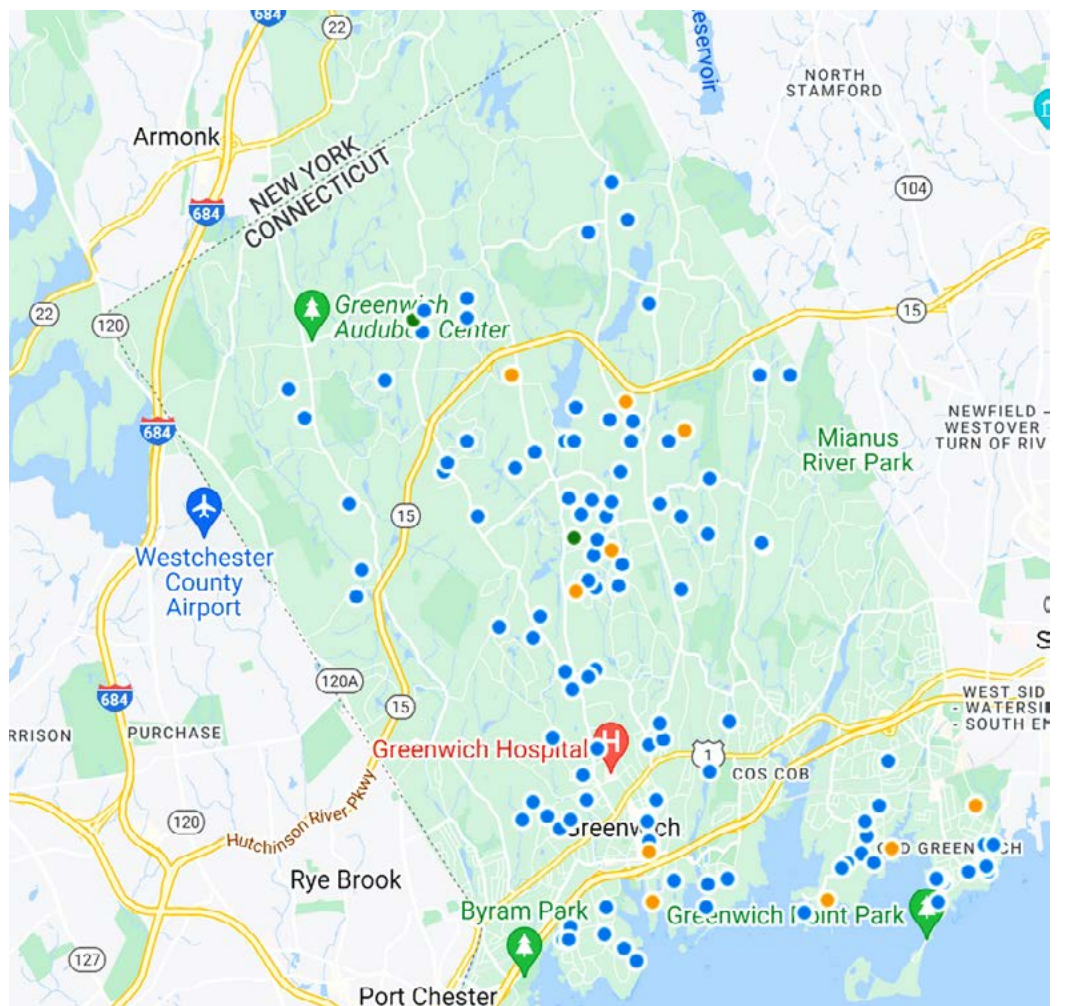
selling for 97.1% of their original list price. A couple of points about this, however. These numbers are averages and we have 17 out of 79 houses in inventory that have been on the market for over a year. If one of these houses sell it will skew that percentage a lot.

The other thing to note is that these are the numbers for the houses that sold. If you look at the average days on market for the high-end house that have not sold, you come up with 257 days on market compared to the aforesaid 134 days on market for the houses that did sell. When you see this kind of difference, you can tell the houses that sell are priced much closer to market than those that don't sell. We have a lot of aspirational pricing in the market.

Mark Pruner is the Greenwich Sentinel's Real Estate editor and a Realtor with Compass. He can be reached at 203-817-2871 or mark.pruner@compass.com



October 2022 \$5M+ Inventory



October 2022 \$5M+ Sales

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REAL ESTATE DASHBOARD

REAL ESTATE DASHBOARD EDITOR

Mark Pruner | Mark@GreenwichStreets.com

REAL ESTATE DASHBOARD CONTRIBUTORS

Robert Pulitano | Cesar Rabellino
Pam Toner | Carline Martin

FEATURED OPEN HOUSES

Data Compiled by Rob Pulitano (203) 561-8092

Address	Area	Price	Day/Time	Broker
20 Halock Drive	Greenwich	\$899,000	Sun 1-3 PM	BHHS New England
46 Rockmere Avenue	Old Greenwich	\$975,000	Sat 2-4 PM	Coldwell Banker Realty
31 Cary Road	Riverside	\$746,000	Sun 1-3 PM	Coldwell Banker Realty
7 Rockland Place	Greenwich	\$5,900	Sun 1-3 PM	Coldwell Banker Realty
353 Riversville Road	Greenwich	\$1,325,000	Sun 11-1 PM	Coldwell Banker Realty
46 Rockmere Avenue	Old Greenwich	\$5,900	Sun 2-4 PM	Coldwell Banker Realty
46 Rockmere Avenue	Old Greenwich	\$975,000	Sun 2-4 PM	Coldwell Banker Realty
62 Morningside Drive	Greenwich	\$2,995,000	Sun 2-4 PM	Coldwell Banker Realty
333 Palmer Hill Road #2E	Riverside	\$3,950	Sun 1-3 PM	Sotheby's
333 Palmer Hill Road #2E	Riverside	\$799,000	Sun 1-3 PM	Sotheby's
117 Shore Road	Old Greenwich	\$3,995,000	Sun 1-3 PM	William Pitt Sotheby's

NEW LISTINGS

Data Compiled by Cesar Rabellino (203) 249-9866

Address	List Price	Price/SqFt	SqFt	AC	BR	FB	Area
75 Cos Cob Avenue 1	\$570,000	\$466	1,222	0	2	1	Cos Cob
21 Spring House Road	\$995,000	\$428	2,324	2.41	4	2	South Parkway
10 Lantern Lane	\$1,150,000	\$707	1,626	0.25	4	3	South Parkway
51 Forest Avenue 36	\$1,195,000	\$520	2,297	0	2	2	Old Greenwich
50 Havemeyer Lane	\$1,300,000	\$779	1,669	0.19	3	2	Old Greenwich
65 Laddins Rock Road	\$1,799,900	\$483	3,723	0.35	6	4	Old Greenwich
25 Ridge Street	\$1,975,000	\$728	2,713	0.16	4	2	South of Post Road
9 Robin Place	\$2,649,000	\$717	3,697	0.32	4	4	North Mianus
62 Morningside Drive	\$2,995,000	\$795	3,767	0.28	4	3	South of Post Road
108 Sheephill Road	\$3,290,000	\$574	5,732	0.28	6	6	Riverside
35 Sterling Road	\$3,299,000	\$417	7,916	5	5	5	North Parkway
434 Cognewaugh Road	\$3,995,000	\$739	5,406	2.08	5	4	Cos Cob
169 Milbank Avenue W	\$4,900,000	\$759	6,459	0.39	5	5	South of Post Road
520 Indian Field Road	\$6,250,000	\$1,363	4,584	2.51	6	5	South of Post Road
104 Clapboard Ridge Road	\$11,750,000	\$809	14,531	3.36	7	9	South Parkway
280 & 278 Otter Rock Drive	\$20,000,000	\$2,789	7,170	2.36	5	5	South of Post Road

NEW SALES

Data Compiled by Cesar Rabellino (203) 249-9866

Address	Original List	List Price	Sold Price	DOM	BR	FB	Acres	SqFt
4 Lafayette Court 1AA	\$315,000	\$315,000	\$307,000	112	1	1	0	625
5 Putnam Hill Road 2A	\$449,000	\$449,000	\$462,000	42	2	1		1,080
453 Putnam Avenue 1K	\$660,000	\$660,000	\$660,000	54	2	2		1,464
2 Gerald Court	\$999,000	\$949,000	\$875,000	52	4	2	0.18	1,845
42 Greenwich Hills Drive 42	\$925,000	\$925,000	\$910,000	31	3	2	0	1,498
7 Bolling Place	\$995,000	\$995,000	\$1,190,000	7	3	2	0.09	1,172
5 Skylark Road	\$1,395,000	\$1,395,000	\$1,601,000	12	4	2	0.27	2,436
33 Langhorne Lane	\$1,699,000	\$1,699,000	\$2,310,000	7	4	3	6.47	4,282
269 Stanwich Road	\$3,250,000	\$3,250,000	\$3,100,000	35	4	5	1.2	3,338
174 Cognewaugh Road	\$3,495,000	\$3,495,000	\$3,710,000	15	5	5	1.76	5,118
21 Hedgerow Lane	\$3,975,000	\$3,975,000	\$4,153,000	11	5	5	2	5,106
75 Oneida Drive	\$5,395,000	\$5,395,000	\$5,850,000	33	5	6	1.05	6,742



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CobbIslandWaterfront.com · \$6,645,000
GREENWICH BROKERAGE 203.869.0700



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224StanwichRoad.com · \$5,880,000
GREENWICH BROKERAGE 203.869.0700



Source: GMLS, 1/1/22 - 8/31/2022, total dollar volume sold by company, Single Family Homes, Greater Greenwich.



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PRESENTED BY JOY KIM METALIOS

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WILDLY SUCCESSFUL

The Eastern Gray Squirrel



By JIM KNOX

“A black Squirrel!” my colleague called out from the passenger seat, bringing my attention to the small mammal just off the exit of the Merritt Parkway. Though the species was common, the coloration was anything but common within that multi-town range. With no way of turning around, I had to be content knowing there would always be a next sighting, and she had to be content with a fleeting glimpse of a most remarkable little creature.

The Eastern Gray Squirrel, *Sciurus carolinensis*, is one of the most common mammals in Eastern North America yet, it is also a creature that guards its secrets as well as it guards the location of its buried food. For one, although it is known as a “gray” squirrel, this arboreal mammal exhibits mutations resulting in melanism (an overabundance of melanin pigment giving the animal a black-furred appearance), albinism (a lack of melanin pigment giving the animal a white-furred appearance), and even cinnamon-colored individuals. More rarely, certain squirrels at Connecticut’s Beardsley Zoo exhibit leucism (a form of albinism in which some pigment is expressed—often in the eyes), resulting in blue-eyed, whitish-furred squirrels! Typically, these tree squirrels exhibit light gray fur along their flanks and backs with whiteish fur on the belly and around the eyes, hints of buff along their cheeks and sides, and a light eye ring with a silvery frosted tail. Reaching approximately 20 inches in length and 1.5 pounds in weight, they sport a small and light frame for life high above the forest floor. As a prolific animal which can produce up to two litters a year of up to nine young, the Gray squirrel tips the scales in favor of survival from

“With no way of turning around, I had to be content knowing there would always be a next sighting, and she had to be content with a fleeting glimpse of a most remarkable little creature.”

sheer abundance alone. Coupling this abundance with an average lifespan of more than six years, which exceeds longevity for many other rodent species, the Gray squirrel is well represented in the forests of Eastern North America.

Early explorers of the North American continent remarked as to the “dense forests that stretched from the rising sun to the setting sun.” This domain of oaks, maples, hickories, and other hardwoods provided key habitat and forage for these herbivores. In fact, it has been stated by these early explorers that a squirrel could travel from branch to branch from the St. Lawrence to the Gulf of Mexico, and from the shores of the Atlantic to the Mississippi without ever touching ground. While it may have been scientifically possible, the Gray squirrel’s home range of 1-25 acres makes these small mammals much more localized.

For those of us who have experienced these acrobatic creatures stealing bird food from our feeders, or gnawing their way into our sheds, or even attics, they have earned the title, “bandit” or “pest.” It is this common “wildlife neighbor” status that leads us to overlook their impressive attributes. Consuming insects and other animal matter when opportunity arises, these resourceful

creatures supplement their diets and boost much needed calories for energy storage. While the squirrel requires forests for food and cover, the forests rely on the squirrels for reforestation. Employing scatter hoarding behavior to store buried nuts, fungi and other foods, these busy rodents may store hundreds, or even thousands of food caches throughout their territory. The net effect of this behavior is food for a rainy (or snowy) day. With a keen sense of smell, these industrious mammals revisit their buried hoard with great accuracy, even detecting nuts hidden beneath more than a foot of snow! With Gray squirrels losing up to 25% of their stored food to other species, their fellow mammals, birds, and other species benefit from the excess. Yet, these nimble rodents have a trick or two up their sleeves.

Accounting for such “thievery” Gray squirrels will employ a practice known as deceptive caching. Researchers at Central Connecticut State University have uncovered fascinating findings which confirm that the squirrels will vigorously dig a hole, hold a nut in their teeth and place their head within the freshly dug hole while concealing the nut before covering up the empty hole and pulling leaf cover over it—as if they had buried an actual nut! By interspersing



deceptive caches with actual caches, they protect their effort and trick the tricksters. Clearly, there is a lot going on in their little heads. Acting like a mammalian Johnny Appleseed, the squirrel’s behavior results in the enhancement of fungi species diversity, improved soil health, the spreading of fruit and nut producing tree species, and forest regeneration.

When considering this

wild neighbor, I reflect on what we humans can learn from them. While they can at times be considered a “pest” or a “nuisance” I think it’s fair to say that we humans have our moments too. When we consider their other attributes however, they have much to offer us. They exhibit undeniable intelligence, planning, industry, adaptability, and even contribute to the health of the world around them.

It’s said that from gray, comes wisdom. From what I’ve seen from our forest neighbors...I am inclined to agree.

Jim Knox serves as the Curator of Education for Connecticut’s Beardsley Zoo and as a Science Adviser for The Bruce Museum. A member of The Explorers Club, Jim enjoys sharing his passion for wildlife conservation with audiences throughout Connecticut and beyond.

Teddy Bear

Codebreaker

Q	U	A	N	T	I	T	I	E	S
D	E	V	E	L	O	P	I	N	G
W	O	R	L	D	F	I	L	L	E
V	X	E	A	R	I	N	G	S	
R	R	S	T	O	N				
T	R	I	C	A	R	A	T		
C	A	K	E	H	E	K			
J	L	E	R	O	K	N	Z		
L	E	X							

Very Hard

1	9	5	4	4	3	3	4	6	2	8	7
3	7	2	4	4	9	1	1	2	1	4	9
8	3	8	6	5	7	2	2	1	4	4	9
9	5	2	2	8	6	3	3	4	4	7	1
6	3	7	4	4	5	1	9	2	2	8	
4	5	7	9	6	6	8	8	4	3	3	5
4	1	9	9	6	6	4	3	3	1	2	
2	4	1	7	3	5	8	9	6	8	9	6
8	6	3	1	2	9	7	5	4			

Easy

4	9	7	6	5	3	2	2	8	1		
1	8	3	4	2	7	7	5	6	9		
6	2	5	9	8	1	4	7	3			
3	7	4	5	1	6	8	9	2			
9	1	2	8	3	4	7	5	6			
5	6	1	3	9	7	9	1	3	4		
7	4	1	2	9	5	5	5	4	7		
2	5	9	1	6	8	3	3	4	7		
8	3	6	7	4	2	9	1	5			

Hard

1	3	2	2	9	7	8	5	4	6		
9	5	6	1	4	2	2	3	8	7		
4	8	7	6	3	5	9	2	1	4		
5	9	3	7	2	2	6	8	1	4		
7	2	4	8	1	9	6	3	5			
6	1	8	4	5	3	7	9	2			
2	4	9	3	6	7	1	5	8			
3	6	5	2	8	1	4	7	9			
8	7	1	5	9	4	2	6	3			

Very Hard

9	6	1	4	7	8	2	3	5			
7	4	8	2	2	4	1	3	7			
5	2	3	1	6	9	7	4	8			
1	3	7	8	4	6	9	5	2			
4	8	5	9	2	2	7	1	6	3		
2	9	6	3	5	1	4	8	7			
3	7	4	6	8	2	5	1	9			
6	1	2	5	9	3	8	7	4			
8	5	9	7	1	4	3	2	6			

Hard

6	7	1	9	3	8	5	4	2			
8	5	9	6	9	2	4	1	3	7		
4	3	2	5	1	7	9	6	8			
5	8	4	7	6	1	3	2	9	6		
7	9	3	2	4	5	8	1	6			
1	2	6	3	8	7	9	7	5	4		
3	4	8	1	7	6	2	2	9	5		
2	6	8	1	7	6	2	2	9	5		
9	1	7	4	5	2	6	8	3			

Very Hard

3	2	7	6	9	8	5	4	1			
4	9	8	1	2	5	3	6	7			
6	1	5	7	4	3	2	8	9			
7	3	4	2	5	9	6	1	8			
2	5	9	6	1	4	7	3				
1	8	6	1	4	7	3					
8	4	1	6	3	2	2	7	5	6		
9	7	2	5	1	6	8	3	4	7		
5	6	3	4	8	7	1	9	2			

CD RATES OUT OF THIS WORLD...



WESTCHESTER
500 Westchester Avenue
Port Chester, New York
Tel 914.908.5444

GREENWICH
444 East Putnam Avenue
Cos Cob, CT
Tel 203.629.8400

STAMFORD
900 Summer Street
Stamford, CT
Tel 203.413.6101

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GREENWICH SM

*Annual Percentage Yields (APY's) effective as of the date of this publication and subject to change thereafter. Interest is credited and compounded monthly. Minimum balance to open this CD and earn APY is \$1,000. Promotional APY is for funds not currently on deposit with The First Bank of Greenwich. Consumer funds only. A penalty may be imposed for early withdrawal. Fees may reduce earnings.

Greenwich Department of Health Flu and Pneumonia Vaccine Clinic Schedule 2022 Serving Persons Age 9 and Up



Friday, OCTOBER 7, 2022
10:00 AM - 2:00 PM
Greenwich Town Hall
101 Field Point Road, Greenwich
Town Hall Ground Floor

WEDNESDAY, OCTOBER 12, 2022
11:00 AM- 3:00 PM
Greenwich Town Hall
101 Field Point Road, Greenwich
Town Hall Ground Floor

Thursday, OCTOBER 20, 2022
3:00 PM - 6:00 PM
GREENWICH TOWN HALL
101 Field Point Road, Greenwich
Town Hall Ground Floor

Tuesday OCTOBER 25, 2022
11:00 AM- 2:00 PM
GREENWICH TOWN HALL
101 Field Point Road, Greenwich
Town Hall Ground Floor

Fees for No Insurance or Insurance we don't accept:

Seasonal Influenza Vaccine: **\$35.00**
High Dose Vaccine: **\$65.00** (65 yrs old or older)
Pneumonia (PPSV-23): **\$118.00**
Pneumonia (PCV-15) **\$235.00**

Acceptable Insurance Coverage:

- * Anthem BC/BS
- * Traditional Medicare Part B
- * Medicare Advantage Plans
- * United Healthcare/ Oxford

Pneumonia Vaccine : Covered by Traditional Medicare Part B only and United/Oxford, & Anthem Medicare Advantage Plans DO NOT cover Pneumonia vaccine at public clinics

Medicaid will not be accepted; however, patients are advised to call 203-622-6495 for assistance

Aetna or Magnacare Insurance WILL NOT BE ACCEPTED

**** PLEASE BRING YOUR INSURANCE CARDS WITH YOU****

***** MASKS MUST BE WORN IN CLINIC*****

Cash– exact change would be appreciated

Credit Cards– NOT ACCEPTED

Checks– must be made out to the "Town of Greenwich"

Short sleeves and attendance no earlier than 15 minutes before the start of the clinic will be appreciated. The public is encouraged to call the flu line at 203-622-3774 prior to attending any clinics. All changes to the set schedule will be recorded and publicized to the best of the Department's capability.

September 2022

CELEBRATION CONCERT

by the Director of Music for the Queen's Funeral and Royal Weddings at Westminster Abbey

Mr. James O'Donnell

Saturday , October 22
5:00 pm

Reception to follow

PULL OUT: TOWN-WIDE CALENDAR

Courtesy of the Greenwich Sentinel Foundation.

Sign up for the daily email "Top 5 Things To Do in Greenwich Today" at GreenwichSentinel.com for more events and daily reminders.

GREENWICH LIBRARIES:

greenwichlibrary.org

Friday, Oct. 21

10:30 a.m.

Storytime. Cos Cob Library Turret. 203-622-6883.

imatthews@greenwichlibrary.org

7 p.m.

Friends Friday Films: "Official Competition". Berkley Theater. cgibbs@greenwichlibrary.org.

Saturday, Oct. 22

All Day

Voting Starts for CCL Pumpkin Decorating Contest. Cos Cob Library Community Room. 203-622-6883.

10 a.m.

Playwriting Workshop (Pt. II): Dialogue. 2nd Floor Meeting Room.

10:30 a.m.

CRAFTacular Saturday: Graham Cracker Haunted Houses. Cos Cob Library Community Room. 203-622-6883.

10:30 a.m.

Fall Painting Parasols with Marisol. Byram Shubert Library Community Room. 203-531-0426.

10:30 a.m.

Music with Tom Weber. Marx Family Black Box Theater. 203-622-7940. children@greenwichlibrary.org

11 a.m.

Technology Help. Learning Lab. 203-625-6560. csherman@greenwichlibrary.org

Monday, Oct. 24

10 a.m. & 6 p.m.

Professional Headshots. Marx Family Black Box Theater. 203-622-7924 ywang@greenwichlibrary.org.

10 a.m.

Wee One's Storytime for 1s and 2s. Marx Family Black Box Theater. children@greenwichlibrary.org

11:30 a.m.

Blood Pressure Screening. Community Room #5. First-come, first-served. 203-625-6549. schan@greenwichlibrary.org

2 p.m.

At Home in Greenwich Cos Cob Library Community Room. RSVP. 203-422-2342. athomeingreenwich.org

3 p.m.

Tech Help with Library Staff. Byram Shubert Library Conference Room. 203-531-0426.

4:30 p.m.

Book Wizards Book Club. Cos Cob Library Community Room. 203-622-6883.

6 p.m.

Fiction Addiction Book Club. Online.

6:30 p.m.

Introduction to Improv. Cos Cob Library Community Room. 203-622-6883.

Tuesday, Oct. 25

9:15 a.m. & 1:15 p.m.

Baby Lapsit Storytime - Registered Only. Children's Constellation Room. children@greenwichlibrary.org

10:30 a.m.

Spanish Storytime. Cos Cob Library Community Room. 203-622-6883.

11 a.m.

Preschool Storytime with Patty. Byram Shubert Library Community Room. 203-531-0426.

1 p.m.

Sit n' Stitch Knitting Group. Cos Cob Library Community Room. 203-622-6883.

4 p.m.

Book Explorers Book Club. Cos Cob Library Community Room. 203-622-6883.

4 p.m.

GRT: Conversation with Xochitl Gonzalez. Marx Family Black Box Theater.

5 p.m.

Meditation & Breathing with Gail. Online. 203-531-0426.

7 p.m.

GRT: Author Xochitl Gonzalez. Berkley Theater.

7 p.m.

GRT: Author Xochitl Gonzalez. Livestream.

Wednesday, Oct. 26

9:30 & 11 a.m.

Baby Lapsit. Cos Cob Library Community Room. 203-622-6883. imatthews@greenwichlibrary.org

10 a.m.

Tales for 2s and 3s. Marx Family Black Box Theater. children@greenwichlibrary.org

11 a.m.

Wee Walkers. Cos Cob Library Community Room. 203-622-6883.

1 p.m.

Revisit Your Financial Plan. Online. 203-622-7924. ywang@greenwichlibrary.org

3 p.m.

Drop-In Craft: Decorate a Trick-or-Treat Bag. Children's Constellation Room. children@greenwichlibrary.org

3:45 p.m.

Afternoon Story/Craft. Ages 2 1/2 & up. Cos Cob Library Community Room. 203-622-6883.

5:30 p.m.

Laser Cutter Origami

Workshop. Innovation Lab. 203-622-7979. innovationlab@greenwichlibrary.org

7 p.m.

How Disney Conquered Entertainment. Online. 203-625-6560. csherman@greenwichlibrary.org

Thursday, Oct. 27

10 a.m.

Japanese Storytime. Cos Cob Library Community Room. 203-622-6883.

11:30 a.m.

Qi Gong. Online. 203-531-0426.

4 p.m.

Tween STEAM (Grades 4+). Children's Constellation Room. 203-622-7940. children@greenwichlibrary.org

6 p.m.

Flinn Gallery Opening: Forms of Nature. Flinn Gallery. 203-622-7947. info@flinn-gallery.com

Friday, Oct. 28

10:30 a.m.

Storytime. Cos Cob Library Turret. 203-622-6883. imatthews@greenwichlibrary.org

2 p.m.

Create a Logo with Photoshop. Learning Lab. 203-625-6560. csherman@greenwichlibrary.org

3:45 p.m.

World Music with Anitra. Cos Cob Library Community Room. 203-622-6883. imatthews@greenwichlibrary.org

7 p.m.

Friends Friday Films: "Ailey" with Director Jamila Wignot. Berkley Theater. cgibbs@greenwichlibrary.org

Saturday, Oct. 29

9:30 a.m.

Red Cross Babysitter's Training & Certification. Marx Family Black Box Theater. 203-625-6549. aloughlin@greenwichlibrary.org

10:30 a.m.

Spooky Movie. Byram Shubert Library Community Room. 203-531-0426.

11 a.m.

Library Tour. ksoboleva@greenwichlibrary.org

11 a.m.

Technology Help. Learning Lab. 203-625-6560. csherman@greenwichlibrary.org

1 p.m.

Halloween Crafts and Treats. Cos Cob Library Community Room. 203-622-6883.

Sunday, Oct. 30

3 p.m.

Musicians from Marlboro. Berkley Theater.

GREENWICH HOSPITAL: greenwichhospital.org/events 888-305-9253

Monday, Oct. 24

12:30 p.m.

Webinar: Hip Replacement Education. Online. Free.

Tuesday, Oct. 25

11 a.m.

Lecture: "Added Sugars 101: Kick the Habit." Via Zoom.

Wednesday, Oct. 26

1:30 p.m.

Webinar: Parkinson's Disease Support Group. Via Zoom. Free.

Thursday, Oct. 27

5 p.m.

Lecture: "The Benefits of Practicing Mindfulness." Via Zoom.

Saturday, Oct. 29

8 a.m.

Webinar: Breast Center Educational Day. Via Zoom.

NEIGHBOR-TO-NEIGHBOR: ntngreenwich.org

Everyday, all day

• 24/7 Food Drive Collection site at North Greenwich Congregational Church, 606 Riversville Road. The weatherproof bin is located outside of the Parish Hall.

• Greenwich Reform Synagogue, 92 Orchard St., Cos Cob.

Tuesdays, 9 - 11 a.m.

Food Drive (drive-thru) at St. Catherine of Siena's parking area across the street from the rectory entrance, 4 Riverside Ave. (Non-perishable foods, personal care products, large sized diapers (5 & 6) and pull-ups, and knit hats (hand knit or store bought).

Thursdays, 10 a.m. - 12 p.m.

Food Drive at St. Paul's Episcopal Church parking lot, 200 Riverside Ave.

FRIDAY, OCT. 21

9 a.m.

The Greens at Greenwich Pathways to Empathy Workshop: 'Kinesthetic Empathy'. Christ Church Greenwich, 254 East Putnam Ave. RSVP. 203-531-5300. mscaros@thegreensatgreenwich.com

10 a.m.

Greenwich Land Trust: Ecotypes, Ecoregions + Ecological Restoration: Fortifying the Living Seed. Mueller Preserve, 370 Round Hill Road. Register. gltrust.org

10:30 a.m.

Fall Floral Arranging With Floral Fashions. Greenwich Botanical Center, 130 Bible St. \$120, GBC Members; \$140, Non-Members. greenwichbotanicalcenter.org

12 p.m.

Building Happier Kids: Stress Busting Tools for Parents, with Dr. Hansa Bhargava. Fusion Academy Greenwich campus, 66 Gatehouse Rd, Stamford. RSVP. fusionacademy.com/campuses/greenwich/school-event

7 p.m.

Greenwich A Cappella Benefit Concert. Athena Books, 228 Sound Beach Ave. 203-529-7398. info@greenwichacappella.com

SATURDAY, OCT. 22

9:30 a.m.

Greenwich Nature Days - drop off program for K-5th graders. Greenwich Land Trust's Converse Brook Preserve. Register. Dan@GLTrust.org. gltrust.org

10 a.m.

Greenwich Historical Society: Guided Tour of John Henry Twachtman's Greenwich Property. Members, \$50; non-members, \$100. greenwichhistory.org

4:30 p.m.

Ghouls In The Garden. Greenwich Botanical Center, 130 Bible St. \$10, \$15, \$20. greenwichbotanicalcenter.org

5 p.m.

James O'Donnell performs the Inaugural Concert on the new Harrison & Harrison Organ at Christ Church Greenwich. Reception to follow. 254 East Putnam Ave. \$20, \$40 & \$125. christchurchgreenwich.org/opening-organ-recital/

SUNDAY, OCT. 23

10 a.m.

Conversation with J Street's Israel Director Nadav Tamir. Greenwich Reform Synagogue, 92 Orchard St. Free & open to the public. RSVP. lisa@grs.org

11 a.m.

Whitby - Admissions Event

and Experience the Whitby Difference. 969 Lake Ave. Register. whitbyschool.org/thinkwhitby2022

11 a.m. - 12 p.m.

Family Gallery Tours. Bruce Museum, 1 Museum Dr. Ages 5 & up. Free with admission. No reservations required. brucemuseum.org

1 p.m.

Art Adventures: Spooky Prints. Bruce Museum, 1 Museum Dr. Ages 4 & up. Free with admission. No reservations required. brucemuseum.org

2:30 p.m.

Ukraine Benefit Concert - a light reception will follow. St. Catherine of Siena Church, 4 Riverside Ave. 203-637-3661. stc-sta.org

MONDAY, OCT. 24

10 a.m.

House Plant Repotting Workshop. Greenwich Botanical Center, 130 Bible St. \$10, GBC Members; \$15, Non-Members. greenwichbotanicalcenter.org

2 p.m.

At Home in Greenwich Information Session. Cos Cob Library Community Room. RSVP. 203-422-2342. athomeingreenwich.org

TUESDAY, OCT. 25

9:15 a.m.

The Chickadee Nature Club: Mommy or Daddy & Me. Sacred Heart Greenwich, 1177 King St. 203-532-3168. mcgannonf@cshct.org

9:30 a.m.

Riverside Garden Club Meeting. Greenwich Botanical Center, 130 Bible St. riversidectgardenclub@gmail.com. riversidectgardenclub.org

10 & 11 a.m.

Bruce Beginnings: Playful Pumpkins. Bruce Museum, 1 Museum Dr. Ages 2 1/2-5. Free with admission. No reservations required. brucemuseum.org

1 p.m.

The Great Legacy White Oak Planting Workshop. Greenwich Botanical Center, 130 Bible St. All ages. Register. greenwichbotanicalcenter.org

3:45 p.m.

Meet and Greet with Children's Author Sarah Albee. Athena Books, 228 Sound Beach Ave. bookshop.org

7 p.m.

Parent Webinar: Birth to Three Program in Connecticut and Early Intervention. Via Zoom. bit.ly/3Vhq8Yd

WEDNESDAY, OCT. 26

11 a.m.

Retired Men's Association of Greenwich: Dr. Katie Takayasu, "The Case for Plants in Diet." First Presbyterian Church, 1 W. Putnam Ave. & on Zoom. Free. Open to all. greenwichrma.org

5 p.m.

Alliance Française of Greenwich: French Cinématheeque - lively discussions on French films. Via Zoom. afgreenwich.org

7 p.m.

Linda Flanagan, author of "Take Back the Game." Arch Street Teen Center, 100 Arch St. Books available. info@archstreet.org

7 p.m.

ONS Webinar: Treatment Options for Cartilage Injuries in the Knee. Via Zoom. Free. Register. onsmd.com/events/

7:30 p.m.

Role Reversal: When Aging Parents Need Help from their Adult Children. Via Zoom. jfsgrgreenwich.org

CONTINUED ON NEXT PAGE

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valswinesglenville@gmail.com

www.valsputnamwines.com

Free Delivery
203-869-2299

THURSDAY, OCT. 27

11:30 a.m.
 Person-to-Person: Transforming Lives Luncheon with Lidia Bastianich and Debra Ponzek. Greenwich Country Club, 19 Doubling Rd. e.givesmart.com/events/rH5

5 p.m.
 Fall Floral Workshop: Autumn Wreaths & Treats. Abilis Gardens & Gifts, 50 Glenville St. Register by Oct. 17. abilis.us/calendar

7 p.m.
 Be Set Free: A Christian Science Lecture. First Church of Christ, Scientist, 11 Park Pl. 203-869-1555. christiansciencet.org/greenwich

FRIDAY, OCT. 28
11 a.m.
 Landscapes As Sanctuary With Kathryn Herman. Greenwich Botanical Center, 130 Bible St. \$30, GBC Members; \$40, Non-Members. greenwichbotanicalcenter.org

6:30 p.m.
 Christ & Culture with author Dr. Tracy McKenzie. Stanwich Church, 202 Taconic Rd. Free, donations welcome (childcare provided). 203-661-4420. kimberly@stanwichchurch.org. stanwichchurch.org/events

6:30 p.m.
 Oktoberfest Dinner. St. Lawrence Society, 86 Valley Rd. **RSVP by Oct. 24.** \$25. 203-618-9036. stlawrencesociety.com

SATURDAY, OCT. 29
9 a.m.
 Sacred Heart Greenwich Open House. 1177 King St. 203-532-3510. admission@cshtc.org

SUNDAY, OCT. 30
1 p.m.
 Adopt-A-Dog's 'Howl and Prowl' benefit. Greenwich Common Park, 290 Greenwich Ave. adopt-a-dog.org

3 p.m.
 Cups n' Cones & School of Rock Halloween Party. 235 Sound Beach Ave., Old Greenwich. 203-622-5040.

5:30 p.m.
 The Greenwich Youth Cheerleading Expo. Greenwich Highschool Gymnasium, 10 Hillside Rd. gycl.org

THROUGH SUNDAY, OCT. 23
Winter Coat Drive - donating a new or clean gently used winter coat for those in need.
 • GPD lobby, 11 Bruce Place
 • BHGRE Shore & Country, 279 Sound Beach Ave.

WATERING SCHEDULE - OCT. 31
 Last Digit of Your Address Number - Water Only On:
 0, 2, 4, 6 or 8 (even numbers) - Sunday & Wednesday 12:01 am - 10:00 am, or 6:00 pm - Midnight
 1, 3, 5, 7 or 9 (odd numbers) - Saturday & Tuesday 12:01 am - 10:00 am, or 6:00 pm - Midnight
 No address number - Sunday & Wednesday 12:01 am - 10:00 am, or 6:00

pm - Midnight
ONGOING
 Formula Donation - must be unopened, unexpired, and with an intact, legible label. Foyer of the Mead House, 48 Maple Ave. - drop off in crate outside entrance to Coffee for Good. Please only leave formula.

MONDAY - FRIDAY
3:30 - 6:30 p.m.
 Arch Street Homework Heroes - Free after school tutoring (6th-12th grade). Arch Street Teen Center, 100 Arch St. info@archstreet.org. archstreet.org

TUESDAYS:
10 a.m.
 Beginner Bridge with The Perfectly Polite Bridge Group. YMCA members, \$30; nonmembers, \$35. New players welcome. (Register by Monday, 6pm). 203-524- 8032. greenwichymca.org

5 - 7 p.m.
 Lighthouse, a Program of Kids In Crisis: LGBTQ Youth Group Meeting. On Zoom. Free. Open to all LGBTQ Youth & allies. 203-661-1911. lighthouse@kidsincrisis.org. kidsincrisis.org/get-help/lighthouse

WEDNESDAYS:
10 a.m. & 12:30 p.m.
 Relaxed Duplicate Bridge with The Perfectly Polite Bridge Group. Members, \$10; nonmembers, \$12. New players welcome. (Register by Tuesday, 6pm). 203-524-8032. greenwichymca.org

12 - 2 p.m.
 Waste Free Greenwich's Food Scrap Recycle Program: Drop off scraps at Living Hope Community Church, 38 West End Ave., Old Greenwich. wastefreegreenwich@gmail.com, wastefreegreenwich.org

12:15 p.m.
 Greenwich Rotary Club Weekly Lunch Meeting. Riverside Yacht Club, 102 Club Rd. \$35/person. **RSVP.** sheila.goggin@cbmoves.com. greenwichrotary.org

2:30 - 6 p.m.
 The Old Greenwich Farmer's Market opening day. Living Hope Community Church, 38 West End Ave. Rain or shine. oldgreenwichfarmersmarket.com

6:30 p.m.
 NAMI-CAN (Child and Adolescent Network) Online Support Group - for parents and primary caregivers of children & adolescents, under age 21, with behavioral and emotional issues. Free. namisouthwestct.org/online-support

THURSDAYS:
8 a.m. & 4 p.m.
 Tai Chi Basic Moves. First Congregational Church of Greenwich, 108 Sound Beach Ave. Registration required. Tuition is paid as a donation made directly by the participant to abilis, Neighbor to Neighbor, or the First Congregational Church. experiencetaichi.org

10 a.m. & 1:30 p.m.
 Bridge Duplicate and Supervised Play with Come Play Bridge. YWCA Greenwich, 259 East Putnam Ave. \$14. No registration required. 203-869-

6501 x100. info@comeplaybridge.com. comeplaybridge.com

5 - 7 p.m.
 Lighthouse, a Program of Kids In Crisis: LGBTQ Youth Group Meeting. On Zoom. Free. Open to all LGBTQ Youth & allies. 203-661-1911. lighthouse@kidsincrisis.org. kidsincrisis.org/get-help/lighthouse

EVERY FRIDAY & SATURDAY:
8 a.m. - 12 p.m.
 Book Exchange - choose from a huge selection of books. Holly Hill Recycling Center. Free, or, donate books. (Open every Fri & Sat. books4everyone.org

SATURDAYS:
9:30 a.m. - 1 p.m.
 Greenwich Farmers' Market. Commuter Parking Lot, Arch Street and Horseneck Lane. (Parking is free during market hours). Through Nov. 19. gfm-ct@optimum.net. greenwichfarmersmarketct.com

RED CROSS BLOOD DRIVE:
RedCrossBlood.org
Friday, Oct. 21
7:30 a.m. - 5:30 p.m.
 Greenwich Hospital, 5 Perryridge Road.

Saturday, Oct. 22
7:30 a.m. - 1 p.m.
 Archangels Greek Orthodox Church, 1527 Bedford Street, Stamford.

Monday, Oct. 24
7:45 a.m. - 4:45 p.m.
 Greenwich Blood Donation Center, 99 Indian Field Rd, Greenwich.

11 a.m. - 4 p.m.
 First Presbyterian Church Stamford, 1101 Bedford St, Stamford.

Tuesday, Oct. 25
7:45 a.m. - 4:45 p.m.
 Greenwich Blood Donation Center, 99 Indian Field Rd, Greenwich.

Thursday, Oct. 27
8 a.m. - 1:30 p.m.
 Stamford Church of Christ, 1264 High Ridge Road, Stamford.

Friday, Oct. 28
11:30 a.m. - 4:30 p.m.
 Westchester Medical Center, 100 Woods Road, Valhalla, NY.

Saturday, Oct. 29
10 a.m. - 3 p.m.
 Valhalla Volunteer Ambulance Corp, 1 Westlake Dr., Valhalla, NY.

TOWN MEETINGS: greenwichct.gov/calendar
Monday, Oct. 24

1 p.m.
 Planning and Zoning Briefing. Via Zoom.

3 p.m.
 FS Re-Imagine Greenwich Virtual Web Meeting. Via Zoom.

6:30 p.m.
 Board of Health Regular Meeting. Town Hall Evaristo Conference Room.

7 p.m.
 Inland Wetlands and Watercourses Agency Meeting. Via Zoom.

8 p.m.
 RTM Full Meeting. Central Middle School.

Tuesday, Oct. 25
4 p.m.
 Planning and Zoning Meeting. Via Zoom.

7 p.m.
 Electronic Voting Training - District 3. Town Hall Meeting Room.

Wednesday, Oct. 26
7 p.m.
 Electronic Voting Training - District 4. Town Hall Mazza Room.

Thursday, Oct. 27
10 a.m.
 Board of Selectmen Meeting. Town Hall Meeting Room.

7 p.m.
 Electronic Voting Training - District 5. Town Hall Cone Room.

SAVE THE DATE!
Friday, Oct. 21
6:30 p.m.
 Domestic Violence Crisis Center - Harvest Fest - Dancing in the Moonlight. Shorehaven Golf, Norwalk. dvccct.org/harvest-fest-2022

7 p.m.
 Stamford Hospital Western Hoedown. The Village, Stamford. stamfordhospitalfoundation.org

Thursday, Oct. 27
11:30 a.m.
 Person-to-Person: Transforming Lives Luncheon with Lidia Bastianich and Debra Ponzek. Greenwich Country Club. e.givesmart.com/events/rH5

6 p.m.
 The Glenville Volunteer Fire Department's 8th Annual David N. Theis Award. Tamarack Country Club. glenvillefire.org

6 p.m.
 The Avon Celebrates Elvis. l'escalade at the Delamar Greenwich Harbor. avonthatre.org

Saturday, Oct. 29
6 p.m.
 Pathways 40th Ruby Anniversary Gala. Burning Tree Country Club, Greenwich. one.bidpal.net/gala40th/welcome

6 p.m.
 Beardsley Zoo Centennial Gala. The Inn at Longshore, Westport. beardsleyzoo.org/centennial-gala

Thursday, Nov. 3
6 p.m.
 Twilight In The Garden - A Benefit Honoring The Sam Bridge Family. Greenwich Botanical Center. greenwichbotanicalcenter.org

Saturday, Nov. 5
 ICC (India Cultural Center) 10th Anniversary Gala - A Celebration of Light.

Saturday, Nov. 12
7 p.m.
 REACH Prep - 2nd Annual Masquerade Benefit. The Village, Stamford. 203-487-0750 x110. jtucker@reachprep.org

Monday, Nov. 14
6:30 p.m.
 UJA-JCC Greenwich: From Actress To Activist: Noa Tishby. Indian Harbor Yacht Club, Greenwich. ujjcc.org

OUR NEIGHBORING TOWNS

FRIDAY, OCT. 21
4 - 6 p.m.
 "W A T E R" art show by artists Frances Ashforth and Susan Williams - open hours. The Barn @ Downing Yudain Gallery, 357 Old Long Ridge Rd, Stamford. 917-544-6417. art357.com

5:30 p.m.
 Halloween Tours - through Sunday, Oct. 23. The Lockwood-Mathews Mansion Museum, 295 West Ave., Norwalk. \$20, non-members; \$18, members. lockwoodmathewsmansion.com

6:30 p.m.
 Fun with Line Dancing. Ferguson Library - South End Branch. fergusonlibrary.org

SATURDAY, OCT. 22
11 a.m.
 The Muppets with Special Guest Peter Linz. Bedford Playhouse, 633 Old Post Rd., Bedford, NY. 914-234-6704. bedfordplayhouse.org

4 p.m.
 Beasties and Besties Halloween Bash. Stepping Stones Museum for Children, 303 West Ave, Norwalk. \$10, members; \$20, non-members. Register. steppingstonesmuseum.org

WEDNESDAY, OCT. 26
2 - 4 p.m.
 Notary Public Hours - get official documents notarized for free. Ferguson Library - Harry Bennett Branch Auditorium. Appointment & two forms of ID with signature. 203-351-8292. fergusonlibrary.org

THURSDAY, OCT. 27
7 p.m.
 FEMA Regional Flood Mitigation Assistance Program - information session. Stamford Government Center, 888 Washington Boulevard, 4th Floor, Stamford. Free & open to the public. 475-323-2076. tfontanella@westcog.org. westcog.org

FRIDAY, OCT. 28
3 p.m.
 Your Gateway to Halloween Fun - Halloween Festival. Gateway Shopping Center Gateway Plaza, Port Chester, NY. Free.



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	4		
3	1	2	
	3	4	2
		1	

	1		
2	3	4	
			3
3		1	4

2		4	3
		2	
		3	2
	2		4

4		1	3
2		3	
3	4	2	

Sudoku

Each row, column, nonet can contain each number only once. Answers on B1.

Easy

	6		4			9	2
		2		6	8	3	4
8			9		7		
	8			4		2	5
2		9			4		3
7	3		2			1	
		5		3			9
4	9	8	1		3		
3	2			8		4	

Hard

			4			6		3
		5				4		
					6		9	5
			3		9	7	5	
			2		5			
	8	4	7		1			
4	3		5					
		9				1		
6		1			8			

Very Hard

8			7	1		3	2	6
6	1		5				7	
3								
							8	7
4				2				3
1	3							
								8
	4				5		9	1
9	6	1		7	8			5

Easy

	3		7			9		
	5	9	1		8		4	7
7				9		6	2	
		8		7				
9		2				7		6
				1		8		
	2	5		8				3
1	8		4		7	5	6	
		7			3		8	

Hard

			5				6	3
			2			4	7	
2		9			7			
		8		5			9	2
7	2		8		9		3	5
5	9			2		8		
			6			9		1
	5	6			2			
1	3				8			

Very Hard

	6				9	7		
				3				6
5					4			
4		8		9				
	3		4	5	1		2	
				6		4		1
			5					9
7				1				
		5	3					8

Answers on page B1

CODEBREAKER WORD PUZZLE

CODEBREAKER (or CODEWORD, or CODE CRACKER) PUZZLE

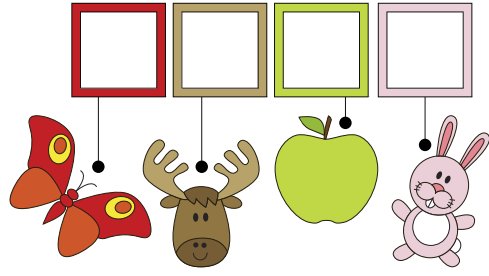
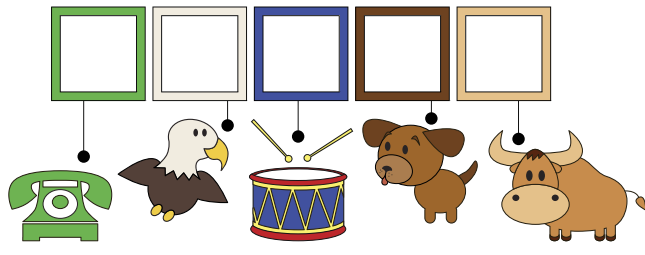
The number in each square corresponds to a letter. The same number represents the same letter. Crack the code and fill the grid by determining which letter relates to which number.

	1							2	
3	2	4	5	6	7	6	7	8	9
	10		8		11		12		4
13	8	14	8	15	16	17	7	5	18
	12		13		5		9		8
19	16	20	15	13		21		7	
	22		8	4	20	7	5	18	9
14		9		20		20		15	
8	22	17	20	8	9	9	7	16	5
20		20		9		6		16	
6	20	7	11	4	20		4		7
7		5		23	8	16	24	4	5
11	4	10	8		25		4		13
4		15		13	4	26	26	15	8
15	8	8	10		12		8		22

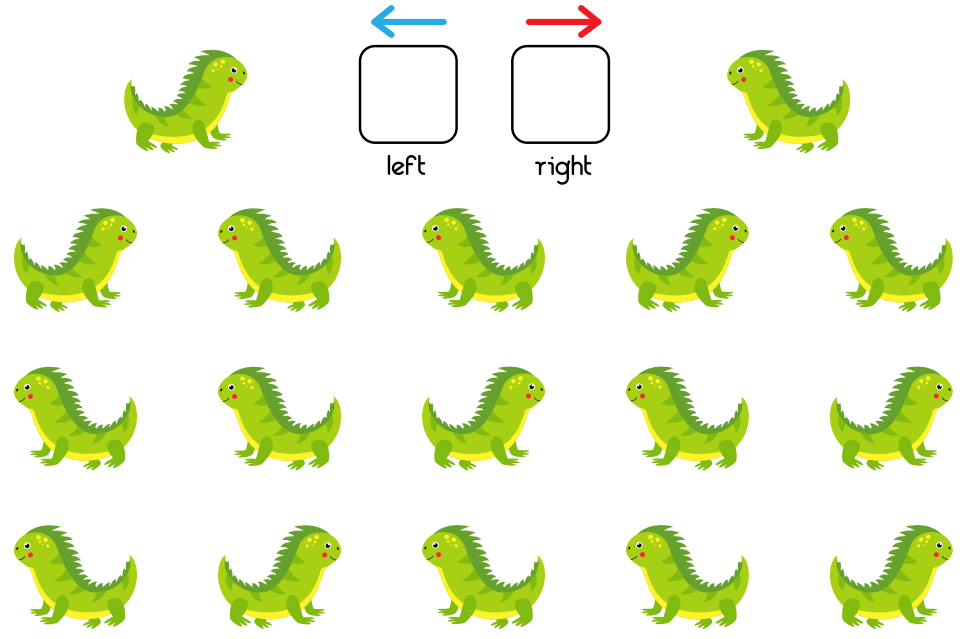
1	2	3	4	5	6	7	8	9	10	11	12	13
				N		I						
14	15	16	17	18	19	20	21	22	23	24	25	26
				G		R						

Puzzles and Coloring for the Weekend: Have Fun!

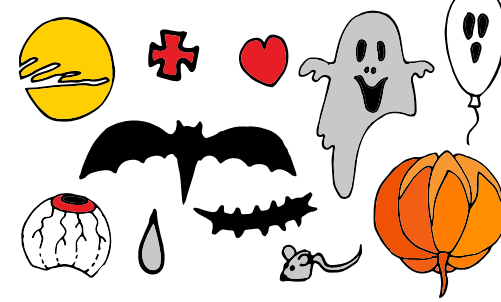
Write in the first letter of each image in the attached square to solve the puzzle. Answer on page B1.



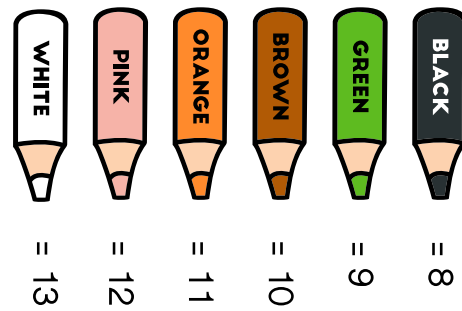
HOW MANY TO THE LEFT, HOW MANY TO THE RIGHT?



FIND 11 HIDDEN OBJECTS IN THE PICTURE



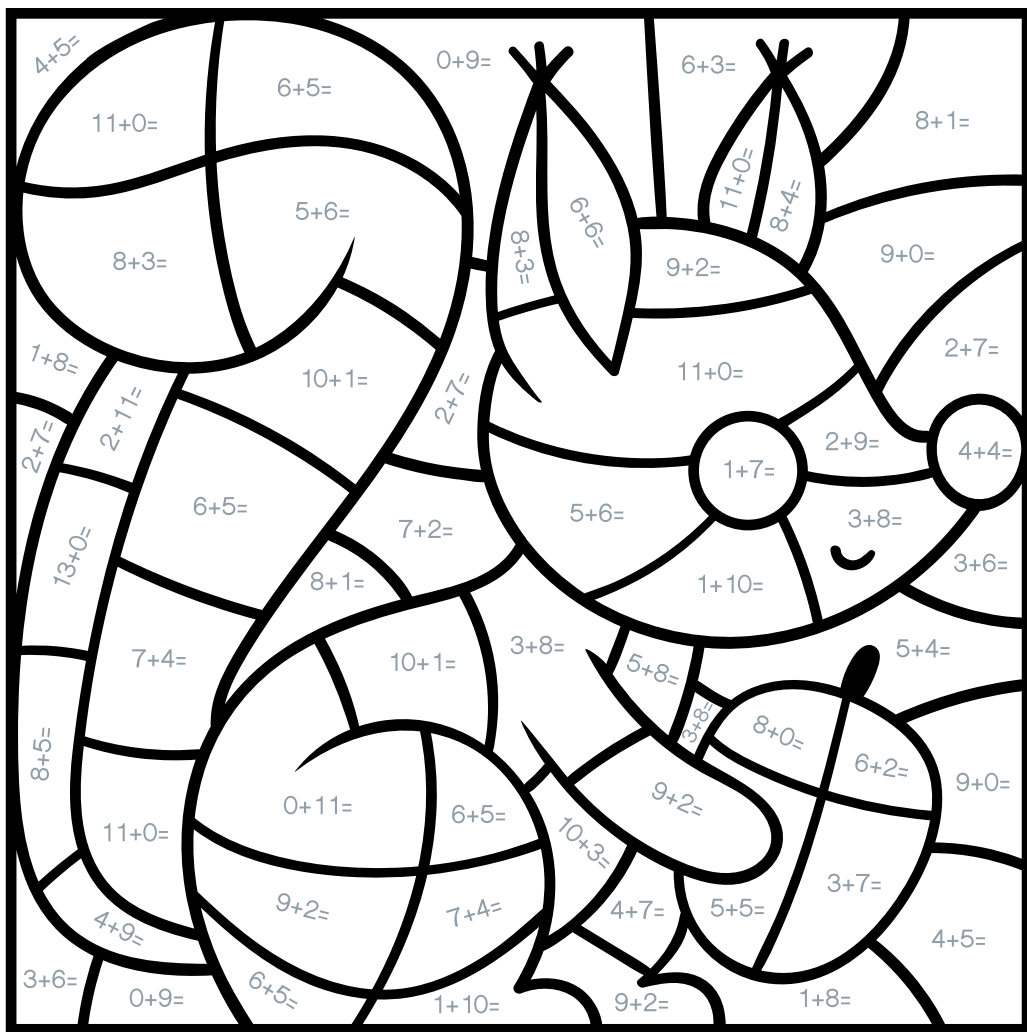
$\text{Pie} = 8$
 $\text{Cake} = \text{Pie} - 3$
 $\text{Cupcake} = 4 + \text{Cake}$
 $\text{Pie} - \text{Cake} + \text{Cupcake} = \square ?$



$\text{Pie} + \text{Pie} = 8$
 $\text{Cupcake} + \text{Cupcake} + \text{Pie} = 10$
 $\text{Pie} + \text{Pie} + \text{Cupcake} = 5$
 $\text{Pie} + \text{Pie} - \text{Cupcake} - \text{Pie} = \square ?$

$\text{Jar} = 2$
 $\text{Cupcake} = 8 - \text{Jar}$
 $\text{Heart} = \text{Cupcake} + 3$
 $\text{Heart} - \text{Cupcake} + \text{Jar} = \square ?$

COLOR BY ADDITION



WORD SEARCH PUZZLE



H	H	A	P	P	L	E	S	Q	P
A	C	O	R	N	C	D	D	W	U
D	J	T	U	R	K	E	Y	E	M
P	E	M	J	R	H	A	T	O	P
L	P	A	A	U	T	U	M	N	K
X	I	P	D	M	H	F	Y	D	I
C	E	L	C	E	S	E	H	E	N
O	V	E	C	A	N	D	L	E	B
R	G	B	L	E	A	F	F	T	N
N	H	A	L	L	O	W	E	E	N

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B	W	N	O	C	Q	O	A
W	A	F	E	A	U	R	B
O	J	O	T	W	I	D	B
L	Z	X	E	L	R	I	I
F	A	E	G	G	R	D	T
P	N	Z	T	Y	E	E	R
L	B	E	A	R	L	V	X
M	S	Q	U	I	K	F	O
H	E	D	G	E	H	O	G

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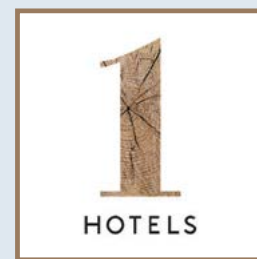
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SENIOR LIVING

OCTOBER 21, 2022

GREENWICH SENTINEL

SECTION 3



In 1972 Richard Nixon won every single state except Massachusetts. Pictured here are Dwight Chapin (center), deputy assistant to President Richard Nixon (seated behind desk), with White House Chief of Staff H.R. Haldeman and White House Counsel John Ehrlichman. (Photo courtesy Nixon Library and Foundation)

The President's Man: The Memoirs of Nixon's Trusted Aide

THE RETIRED MEN'S ASSOCIATION

At the October 12 meeting of the Retired Men's Association, Bob Rimmer introduced the speaker, Dwight Chapin. From Nixon's, "You won't have Nixon to kick around anymore," at the end of his 1962 California gubernatorial campaign, through his world-changing trips to China and Russia and his epic downfall, Dwight Chapin was at the president's side. He was with him in his most private and public moments. While still in his twenties, Chapin served as Nixon's personal aide and then as deputy assistant in the White House. He travelled with him, advised, strategized, campaigned, and learned from America's most controversial president.

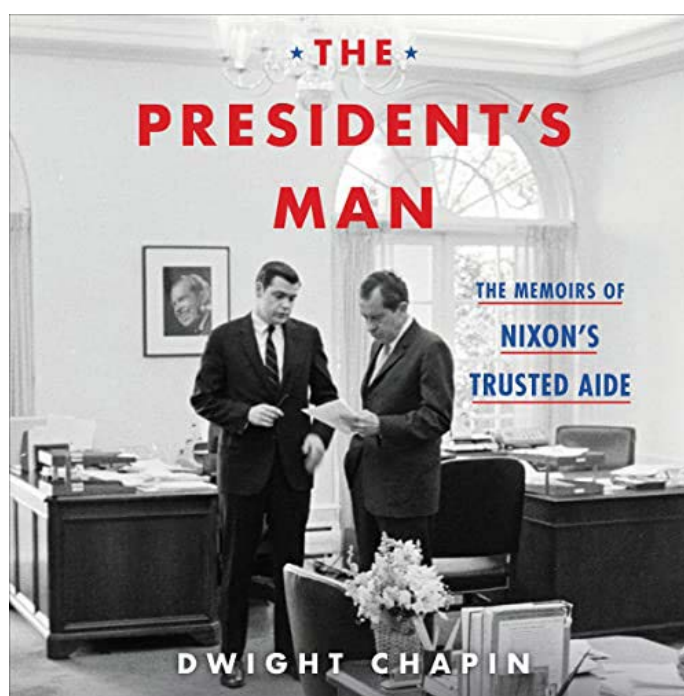
Chapin had an interesting and unusual life. He was born in humble beginnings on a farm in Kansas in 1940. Even as a young boy, he had to work hard and contribute to the responsibilities of running a family farm. When his family moved to California, he experienced a major culture shock. He went from classrooms that covered three grades to a high school with fourteen thousand people, but he adapted. He was energetic and motivated. He went to college at the University of Southern California, where, in a pivotal move, he

got into political organizing for the Republican Party. In 1962, during Richard Nixon's run for governor of California, he worked for HR Haldeman setting up local Republican offices in several California counties. Although Nixon lost, Chapin impressed Haldeman and was offered a job at the big advertising agency, J. Walter Thompson. He continued the relationship with Nixon and Haldeman and, in 1968, he became Nixon's personal aide, crisscrossing the country with Nixon and his team, raising money. This experience gave the young Chapin a unique perspective on Nixon, having worked so closely and personally with him for so many years.

Chapin shared with us that he saw Nixon as a man of incredible resiliency, one who suffered terrible defeats and made serious mistakes, but who managed to keep going. He lost a presidential election to Kennedy and a gubernatorial election, but still returned to run for and ultimately win the presidency. After he resigned in disgrace in 1974, he continued working, writing nine books.

Chapin suggested that Nixon was very adaptable, learning for example, when he finally became president, how to use TV to his advantage, even after previous failures. He was very

Chapin asked us to judge Nixon by his whole life, not by his most egregious failure.



hard working and analytical and had a rigorous mind. Chapin also showed examples of Nixon privately reaching out to Hubert Humphrey in Humphrey's moment of defeat and to Coretta King after her husband's death. Further, he was prepared to do

by his whole life, not by his most egregious failure, just as Bill Clinton suggested we should do in his eulogy to Nixon in 1994.

Note: The views expressed in this presentation are those of the speaker, and do not represent the views of the RMA.

To see the full presentation, go to <https://greenwichrma.org/cursor> to "Speakers" and click on "Speaker Videos."

The RMA's upcoming presentation, "The Case for Putting Plants First in Your Diet" by Dr. Katie Takayasu, is scheduled for 11 AM on Wednesday, October 26. Dr. Takayasu is an Integrative Medicine Physician and author of *Plants First: A Physician's Guide to Wellness Through a Plant-Forward Diet*. She practices holistic health, bridging the gap between traditional Western medicine and the evidenced-based health tools of nutrition, acupuncture, meditation, botanicals and lifestyle.

She works one-on-one helping patients to recognize their own balance in mind, body, and spirit as well as in group settings with the gentle but effective jumpstart to reclaiming wellness and lifestyle balance by harnessing the body's natural propensity for detoxification.

Dr. Takayasu attended the University of Michigan and

Wright State University where she graduated with an M.D. and M.B.A. She completed her residency in Family Medicine at Columbia University/New York Presbyterian where she became Chief Resident.

Dr. Takayasu is married with two sons and resides in Darien.

Please note: Attendees must show proof of vaccination and booster at the door for admittance.

To stream Dr. Takayasu's presentation at 11 AM on Wednesday, October 26, click here (<https://bit.ly/30IBj21>). This presentation will also be available on local public access TV Channels, Verizon FIOS channel 24 and Optimum (Cablevision) channel 79.

RMA speaker presentations are presented as a community service at no cost to in-person or Zoom attendees. The RMA urges all eligible individuals to consider becoming a member of our great organization, and thereby enjoy all the available fellowship, volunteer, and community service opportunities which the RMA offers to its members. For further information, go to www.greenwichrma.org, or contact our membership chairman (<mailto:members@greenwichrma.org>).

Embracing Their Next Step, The Crumbines at Edgehill

Peter Crumbine believes there are usually three steps to lifetime home ownership. First, you buy a big house to raise your family. Second, you retire and downsize to a smaller home. Third, you move to a senior living community.

"We skipped that second step and moved right to Edgehill," said Peter Crumbine. "We are happy we did it all at once."

Enjoying solid academic opportunities.

Peter and Bea Crumbine, who made the move to Stamford's Edgehill in August, are finding enjoyment in the "mind-stretching activities" for which the community is known.

"It is quite lovely to find the academic opportunities are so solid," said Bea Crumbine. "Edgehill recognizes its residents have very active minds and have had very active social, cultural, business and political lives in the Greenwich area."

Fellow resident Tom Niles, a former U.S. Ambassador to the EU and Canada, gives weekly lectures on international current events. The Crumbines have also enjoyed a private community performance by the Chamber Players of the Greenwich

Symphony and have had access to discussions on art, films and visiting authors, as well as opportunities to meet government leaders and local political candidates.

Still connected to Greenwich.

Leaving a beloved hometown is never an easy decision, especially for a couple as well established as the Crumbines are in Greenwich. Bea is the official ambassador-at-large of the town, which recently named September 19th Bea Crumbine Day. Peter served as a Greenwich selectman for 10 years.

"Our hearts are still in Greenwich," said Peter.

Still, their decision to move to Edgehill required little deliberation. The couple knew they would find their beloved community alive and well at Edgehill, where so many Greenwich residents have chosen to spend their retirement.

"We are finding it wonderful. It is a big change in life, but this is a very welcoming community," Bea said. "It was lovely to stay within an area where we knew we would have many Greenwich friends."

Personal attention and care

"It is a big change in life, but this is a very welcoming community,"



Bea and Peter Crumbine

are always available.

Edgehill's renowned personal care and attentiveness to its residents was also a draw for

the couple, who value their independence but feel comforted knowing care is available if or when needed. Peter has

neuromuscular issues that require medication and a scooter to get around.

"They work very hard to

ensure their residents feel cared for and at home," said Bea. "You have extra care available, but you are still very independent."

Edgehill offers Lifecare, which provides access to a continuum of care with on-site assisted living, memory care, sub-acute rehabilitation and skilled nursing at a predictable monthly rate for life.

"With the rising costs of long-term healthcare, this plan offers peace of mind for the future because if you ever need care, you will always know what you will pay and who will provide it," said Elizabeth Dupree, Director of Sales and Marketing for the community.

For couples, Lifecare is an even greater benefit because if one partner's needs change, they still pay the same monthly fee.

The Crumbines are excited to embrace their next step in life at Edgehill and look forward to more of their Greenwich peers joining them to experience the fulfilling lifestyle the community offers.

"We were very motivated, and now we have made a critical decision that is really going to make the rest of our lives much easier," said Bea. "We know so many people who would find this of benefit."



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Thoughts on Empathy



Empathy is an automatic process that animals feel and offer out to their own kind and at times, to humans. It is not learned.

By MARIA SCAROS

To be human is to have the ability to offer empathy to another, to feel what another is feeling and to offer comfort and a healing presence. Is empathy solely a human characteristic? No, it is not.

Elephants are the most empathetic of animals. They can anticipate distress in their young and others in their herd and act upon it. Those of us who have a family pet, especially a dog, know that they can sense our feelings and offer what we need in times of grief and stress. Wolves, apes, chimpanzees, and the big cats of the jungles are tribal animals with hierarchies and strong commitments to the survival of their extended families. They too are empathetic to one another. For them, it is a matter of survival.

It is a matter of survival for humans as well. There have been times in human history where empathy hid far beneath the soul. Today, empathy is a concept and a common theme of seminars and educational workshops. We may or may not exercise it as much as we should. Medical professionals take it in school as an "elective" course of study which minimizes its importance in the field of caring for another human being in times of crisis. We often forget that communion with another fellow human being requires empathy. We all can have an equal partnership with our mind and our heart. One need not discard one for the other. We need both. Empathy sits at the core of both our mind and our heart.

Empathy is an automatic process that animals feel and offer out to their own kind and at times, to humans. It is not learned. It exists in their sense of being and their sense of survival. Unfortunately, humans have come to understand other tools of survival including opportunity, competition, and power. These overshadow our sense of empathy.

Fortunately, I am not as cynical as I sound. Humanity overall is the most extraordinary of the species and can easily see themselves in another's shoes, feel another's pain and put another before themselves. Humans have sacrificed their lives for strangers without a second thought and forgiven unspeakable atrocities. Empathy saves us. Empathy lifts us out

of our self-imposed darkness. When we become still and listen, our ability to empathize rises. It moves from our intelligent mind to our intelligent body and intelligent heart and to our intelligent soul. In a mechanized world, we often forget our simplest and greatest gifts.

Empathy is experienced in many ways and is triggered by stimuli. There are parts of our brain that process emotions. The amygdala and the prefrontal cortex are where emotions live. If we see a moving story in the theater or witness something exciting, our brain is affected by what we see. We become emotionally involved. We empathize with the protagonist. We dance to music, and we "feel" and our mood change. Our body becomes the conduit to our emotions. We connect to ourselves and join with our partner's movements. We hear a song that was once imprinted in our mind during a significant moment in our lives. Our emotions are stimulated. The moment comes alive, and we are connected to a time, place, and person. Our emotions can be subtle or acute. They can be momentary or expansive. Learning to listen to ourselves and to our emotions helps us to be self-aware and able to connect to ourselves and to others. We do not live alone on an island. We need each other to survive and the quality in which we connect ensures the quality of our survival. This emotional connection is empathy and the ability to empathize can secure our survival in a complex and everchanging world.

Being human, in its purest form, is being aware of the life within and outside ourselves. How are we in the world and how do we choose to live? One of my favorite quotes, which puts empathy and humanity in perspective for me, comes from Pierre Teilhard de Chardin, a scientist, theologian, teacher, and philosopher. If we all can "feel" these words and believe them, human empathy could change the world.

"We are not human beings having a spiritual experience.

We are spiritual beings having a human experience."

Maria Scaros is the Executive Director at The Greens of Greenwich.

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Friendly, caring volunteer drivers deliver meals daily directly to your home

Meals available for delivery Monday-Friday with weekend meals delivered on Friday

Drivers Deliver More than Just A Meal



Images of volunteers picking up and delivering meals. State Senator Ryan Fazio, center, began delivering meals at the beginning of the pandemic when the need had increased dramatically and he has been delivering every week since then. Lori Jackson, top right, is a longtime dedicated volunteer.

BY LORI JACKSON

Meals on Wheels has delivered meals for 63 years to individuals in Greenwich who are unable to cook for themselves.

Located at 89 Maple Ave. in the cottage behind the Women's Club, volunteer drivers arrive each day to pick up meals for delivery on any of the 11 routes throughout Greenwich.

There are several reasons our clients choose to sign up for Meals on Wheels perhaps the need for a nutritionally balanced meal, recovery from a broken arm or perhaps they just don't feel well enough to cook for themselves. For the past year we have provided additional fresh fruit and a loaf of bread to our clients recognizing the need for additional food that the clients can use for breakfast. Meals on Wheels has kept the cost of the meals at a reasonable rate thanks to the annual support of our

Meals on Wheels provides more than a meal.



contributors. Most would say the daily visits from our volunteer drivers is greeted with enthusiasm.

The most important thing for Meals on Wheels in serving our clients is the safety net of services available in Greenwich. Whether it is through the Senior Provider Network of The Commission on Aging, the social workers at the Department of Human Services, programs offered through At Home in Greenwich, or volunteer projects done by students and garden clubs in town it takes a village to support and care for the clients.

We are a piece of the puzzle and the other agencies that serve the elderly are always available and able to provide additional support as well.

Meals on Wheels provides more than a meal. If you are interested in signing up for Meals on Wheels or learning more about it please contact our Director Lynne Stewart 203 869-1312.



Sophisticated Style

Experience the refined five-star lifestyle you are accustomed to at Edgehill, a retirement community with the ambience and amenities of a grand hotel. Every detail of our first-class services is meticulously attended to by our gracious associates, allowing you the freedom to choose the life you want to live.

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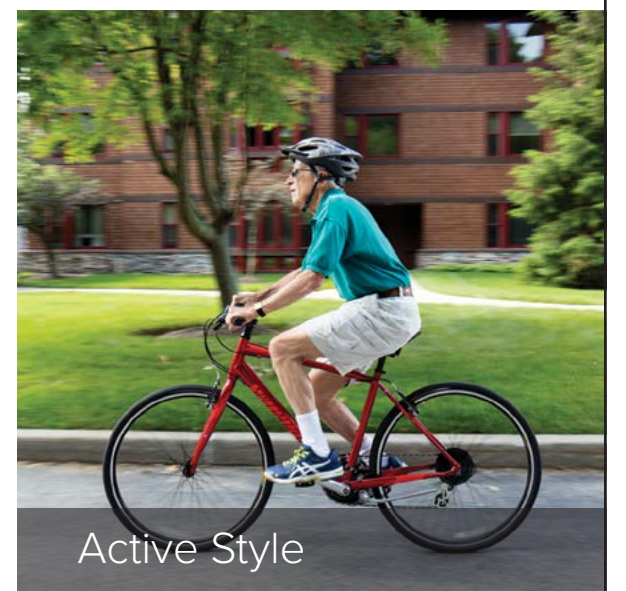
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Gourmet Style



High Style



Active Style



Fun, Friends, and Just the Right Amount of Care

Searching for a senior living residence can feel like one of the most challenging decisions you face – whether it’s for yourself, a friend, or a family member. But senior living can also be the start of a wonderful new chapter, full of joy and enriching experiences. LCB Senior Living truly understands because they’ve helped thousands of seniors and families through the process. With more than 25 years of expertise and excellence, they focus on residents’ individual needs and desires, while providing personalized care and service.

LCB’s three new Fairfield County communities offer something for everyone: from beautiful city living at The Residence at Summer Street in downtown Stamford, to the natural beauty of The Residence at Selleck’s Woods in Darien, to the stunning seaside charm of The Residence at Westport.

LCB takes pride in providing residents with an abundance of choice, including an array of apartment sizes and styles, a broad and thoughtful program of engagement activities each day, and their “Everyday Gourmet” culinary program, which includes a lengthy eight-page menu and daily specials in a restaurant that is open all day.

The engagement activity calendars are designed with the input of the residents, who participate in opportunities ranging from art classes, lectures and book clubs, to yoga and barre, to musical entertainment and religious services. There are also regular outings for shopping, dining or errands, along with special excursions to museums, beaches, and any number of other destinations. Complementary private transportation is also available to serve personal needs.

“Our residents and their families are typically very local people who have lived and raised families here,” commented Lidia Ayala, Executive Director at Selleck’s Woods in Darien. “We have like-minded individuals who have lived interesting lives, traveled the world and experienced so much. That shared experience makes for a very rich social environment at our community, and at our sister communities in Fairfield County.”

“We treat our residents like our family, there’s a home-like feel here,” says Heather Wood, Engagement Director in Westport. “There’s a variety of activities and programming to help residents rediscover their passions and enjoy new ones. I love it when I see residents trying novel things and making new friends along the way. We have athletes who have discovered a knack for painting, artists who have taken to Tai Chi, and businesspeople who have fallen in love with the culinary arts. It’s wonderful to see.”

Each community also features gourmet dining, led by professional chefs who hail from the nation’s best

“We treat our residents like our family, there’s a home-like feel here”



restaurants. The extensive menu offers something for everyone, and residents’ preferences and even family recipes are a top priority. Daily specials, crafted from local ingredients, are featured on a collective Instagram account (@thesterlingchefs) that would make anyone’s mouth water.

While amenities abound, at LCB the Assisted Living experience is tailored to the unique needs and interests of each individual. Highly trained staff members assist with customized care that may include daily assistance, medication management, and physical therapy. All in a comfortable and caring environment that promotes wellness and independence.

Residents in Darien and Westport may also choose to live in the Emerald Suite concierge neighborhood within those communities. There, they are treated to a broad palette of special services and amenities, including larger apartments with premium finishes and a dedicated concierge to attend to personal needs—from making reservations, to arranging transportation, to any number of conveniences. In addition, Emerald Suite residents can avail themselves of in-suite daily

cocktail hours, private lounge, and much more.

Each community is as unique as the individuals who live there, creating an environment in which residents have the opportunity to re-experience all of the things that they have loved throughout their lives. Freed from the burdens of home ownership and the travel and social limitations that living alone can impose, LCB residents can in effect “turn back the clock,” and return to the lifestyle that has both defined them and that they personally identify with.

Far from being a step toward the unfamiliar, it is a return to a life of fulfilling social camaraderie, a peer group of like-minded people who have been neighbors and colleagues for decades, endless opportunity for personal growth, new experiences and intellectual stimulation, cognitive and physical wellness resources—all in an environment characterized by personal choice and utter privacy when desired.

Downtown Stamford, stunning Darien and waterside Westport...it’s the best of all worlds!

Learn more at lcb seniorliving.com.



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& the Senior
Living is Easy...
...it's Assisted
Living your way!*

With care and support tailored to each individual, residents are able to enjoy all the things they love.

Schedule a tour and ask about our exclusive *End of Summer Rates*: fairfieldcounty@lcb seniorliving.com

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The Residence at
Selleck's Woods | Summer Street | Westport

*Assisted, Independent & Memory Care Living
in Darien, Stamford & Westport*

203-347-4514

LCB Senior Living Communities: *More Than 25 years of Excellence in New England*

Calendar of Events for Seniors. For more information visit: www.greenwichtct.gov

Cardio Strength with Linda
October 21, 2022, 9:45 AM - 10:30 AM
@Senior Center Main Floor

phone: call (929)205-6099 and enter 3032051305#

Arthritis Mobility Exercise via ZOOM
October 25, 2022, 10:45 AM - 11:30 AM
@Class via ZOOM On your phone:
dial (929)205-6099 and enter 3032051305#

Registration is required. Please call Lynn Mason at 203-862-6721 to register.

“Zumba Gold” with Wendy via ZOOM
October 27, 2022, 10:30 AM - 11:15 AM
@This class is via ZOOM On your phone: call (929)205-6099 and enter 3032051305#

Registration is required. Please call Lynn Mason at 203-862-6721 to register.

Mondays in Motion with Linda Lombardo
October 24, 2022, 10:30 AM - 11:15 AM
@Senior Center Main Floor.
Registration is required. Please call Lynn Mason at 203-862-6721 to register.

Tai Chi with Bill Wrenn
October 25, 2022, 10:45 AM - 11:30 AM
@This class is held outdoors at “Greenwich Commons” (across the street from the Senior Center), weather permitting. Otherwise, class will be held inside the Senior Center. Registration is required. Please call Lynn Mason at 203-862-6721 to register.

It’s a Matter of Balance with Wendy
October 26, 2022, 10:00 AM - 10:45 AM
@Senior Center Main Floor or via ZOOM.
This class is held on site as well as via ZOOM. Registration is required. Please call Lynn Mason at 203-862-6721 to register. For ZOOM attendance: On your phone: call (929)205-6099 and enter 3032051305#

TECH TIME I:1 Tech Sessions (Spanish)
October 27, 2022, 11:00 AM - 12:00 PM
@Greenwich Senior Center Technology Lounge
“Traiga sus dispositivos y preguntas para la clase 1 a 1 con uno de nuestros estudiantes expertos en tecnología de la escuela Greenwich Country Day”

Watercolor Painting with Lorraine
October 21, 2022, 10:00 AM - 12:00 PM
@Offsite at Grass Island Park weather permitting, otherwise on site at Senior Center (299 Greenwich Avenue) in the Art Studio (lower level). Registrants will be notified of any change in location. Registration is required. Please call Lynn Mason at 203-862-6721 to register or to inquire about the dates of the current or next session. Attendee must provide their own supplies.

Trivia with Lynn
October 24, 2022, 11:30 AM - 12:15 PM
@Held via ZOOM On your phone: call (929)205-6099 and enter 3032051305#

Chair Yoga with Jeannie via ZOOM
October 25, 2022, 11:45 AM - 12:30 PM
@Class held via ZOOM On your phone: call (929)205-6099 and enter 3032051305#

Range of Motion Stretch Class with Wendy
October 26, 2022, 10:45 AM - 11:30 AM
@Senior Center Main Floor or via ZOOM.
This class is held on site as well as via ZOOM. Registration is required. Please call Lynn Mason at 203-862-6721 to register. For ZOOM attendance: On your phone: call (929)205-6099 and enter 3032051305#

Stretch with Wendy - Mat Strength & Flexibility via ZOOM
October 27, 2022, 11:15 AM - 12:00 PM
@This class is via ZOOM On your phone: call (929)205-6099 and enter 3032051305#

Chair Yoga with Jeannie via ZOOM
October 21, 2022, 10:30 AM - 11:15 AM
@Class held via ZOOM On your phone: call (929)205-6099 and enter 3032051305#

Stay on your Feet (Preventing Falls) with Wendy
October 24, 2022, 12:45 PM - 1:30 PM
@Senior Center Main Floor or via ZOOM This class is held on site as well as via ZOOM. Registration is required. Please call Lynn Mason at 203-862-6721 to register. For ZOOM attendance: On your phone: call (929)205-6099 and enter 3032051305#

Grab & Go Lunch - CASTLEVIEW DELI
October 25, 2022, 12:00 PM - 1:00 PM
@Senior Center Main Floor

Cardio Strength with Linda
October 26, 2022, 12:30 PM - 1:15 PM
@Senior Center Main Floor.
Registration is required. Please call Lynn Mason at 203-862-6721 to register.

Grab & Go Lunch - KELLY’S SEA LEVEL
October 27, 2022, 12:00 PM - 1:00 PM
@Senior Center Main Floor

Tai Chi with Bill Wrenn
October 21, 2022, 10:30 AM - 11:15 AM
@This class is held outdoors at “Greenwich Commons” (across the street from the Senior Center), weather permitting. Otherwise, class will be held inside the Senior Center. Registration is required. Please call Lynn Mason at 203-862-6721 to register.

“Zumba Gold” with Wendy Ross
October 24, 2022, 1:30 PM - 2:15 PM
@Senior Center Main Floor

MEMBERS ONLY. Lunches must be ordered in advance. You can order the full month or week to week either online, or submitting a hard copy at the Senior Center by 11:00 am on the Friday before the requested meal. Hard copies are available in the Senior Center lobby and front desk.

Chair Yoga with Linda
October 26, 2022, 1:15 PM - 2:00 PM
@Senior Center Main Floor

MEMBERS ONLY. Lunches must be ordered in advance. You can order the full month or week to week either online, or submitting a hard copy at the Senior Center by 11:00 am on the Friday before the requested meal. Hard copies are available in the Senior Center lobby and front desk.

Radium Girls Performance
October 22, 2022, 7:00 PM - 9:00 PM
@Greenwich Country Day Upper School
The GCDS Upper Schools is performing “Radium Girls” by D.W. Gregory. Complimentary tickets are available for our members through the Greenwich Senior Center. Call Lynn Mason at the Greenwich Senior Center 203-862-6721.

Fit After 50 with Wendy Rosa
October 25, 2022, 9:00 AM - 9:45 AM
@This class is held on site (299 Greenwich Ave) as well as via ZOOM. Registration is required. Please call Lynn Mason at 203-862-6721 to register. For ZOOM attendance: On your phone: call (929)205-6099 and enter 3032051305# Registration is required. Please call Lynn Mason at 203-862-6721 to register.

Floor Yoga with Jeannie Labate via ZOOM
October 25, 2022, 1:00 PM - 1:45 PM
@Class held via ZOOM On your phone: call (929)205-6099 and enter 3032051305#

Walk the Distance at Cos Cob Park
October 26, 2022, 1:15 PM - 2:15 PM
@Off site at Cos Cob Park

Walk the Distance at Cos Cob Park
October 27, 2022, 12:15 PM - 1:15 PM
@Off site at Cos Cob Park

Radium Girls Performance
October 23, 2022, 4:00 PM - 6:00 PM
@Greenwich Country Day Upper School
The GCDS Upper Schools is performing “Radium Girls” by D.W. Gregory. Complimentary tickets are available for our members through the Greenwich Senior Center. Call Lynn Mason at the Greenwich Senior Center 203-862-6721.

TECH TIME I:1 Tech Sessions
October 25, 2022, 9:55 AM - 10:30 AM
@Senior Center Tech Lounge

Intermediate Acrylic Painting with Lorraine G.
October 25, 2022, 1:00 PM - 3:00 PM
@Senior Center Art Studio, Lower Level
Registration is required. Please call Lynn Mason at 203-862-6721 to register or to inquire about the dates of the current or next session. Supplies are provided.

Italian Class
October 26, 2022, 1:30 PM - 2:15 PM
@Senior Center Art Studio Lower Level.

Cardio Strength with Linda
October 28, 2022, 9:45 AM - 10:30 AM
@Senior Center Main Floor
Please call Lynn Mason at 203-862-6721 to register.

Meditation with Megan Young via ZOOM
October 24, 2022, 9:15 AM - 10:00 AM
@Class held via ZOOM On your

Bring your questions and devices for 1 on 1 tech assistance with one of our brilliant, tech savvy, Greenwich Country Day students. Call Lynn at 203-862-6721 to schedule an appointment.

Walk the Distance at Grass Island
October 25, 2022, 1:45 PM - 2:45 PM
@Outdoor Event at Grass Island.
Meet behind the ticket booth by the restrooms.
Registration is required. Please call Lynn Mason at 203-862-6721 to register.

Meditation with Megan Young via ZOOM
October 27, 2022, 9:15 AM - 10:00 AM
@Class held via ZOOM On your phone: call (929)205-6099 and enter 3032051305#

Watercolor Painting with Lorraine
October 28, 2022, 10:00 AM - 12:00 PM
@Offsite at Grass Island Park weather permitting, otherwise on site at Senior Center (299 Greenwich Avenue) in the Art Studio (lower level). Registrants will be notified of any change in location. Registration is required. Please call Lynn Mason at 203-862-6721 to register or to inquire about the dates of the current or next session. Attendee must provide their own supplies.

Mahjong
October 26, 2022, 9:00 AM - 10:00 AM
@Senior Center Technology Lounge

Knitting Knotch
October 27, 2022, 10:00 AM - 10:45 AM
@Senior Center Art Studio Lower Level. Registration is required. Please call Lynn Mason at 203-862-6721 to register.

Sip and Socialize
October 27, 2022, 10:00 AM - 10:45 AM
@Senior Center Main Floor

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The world may be changing, but our commitment to Greenwich remains steadfast.

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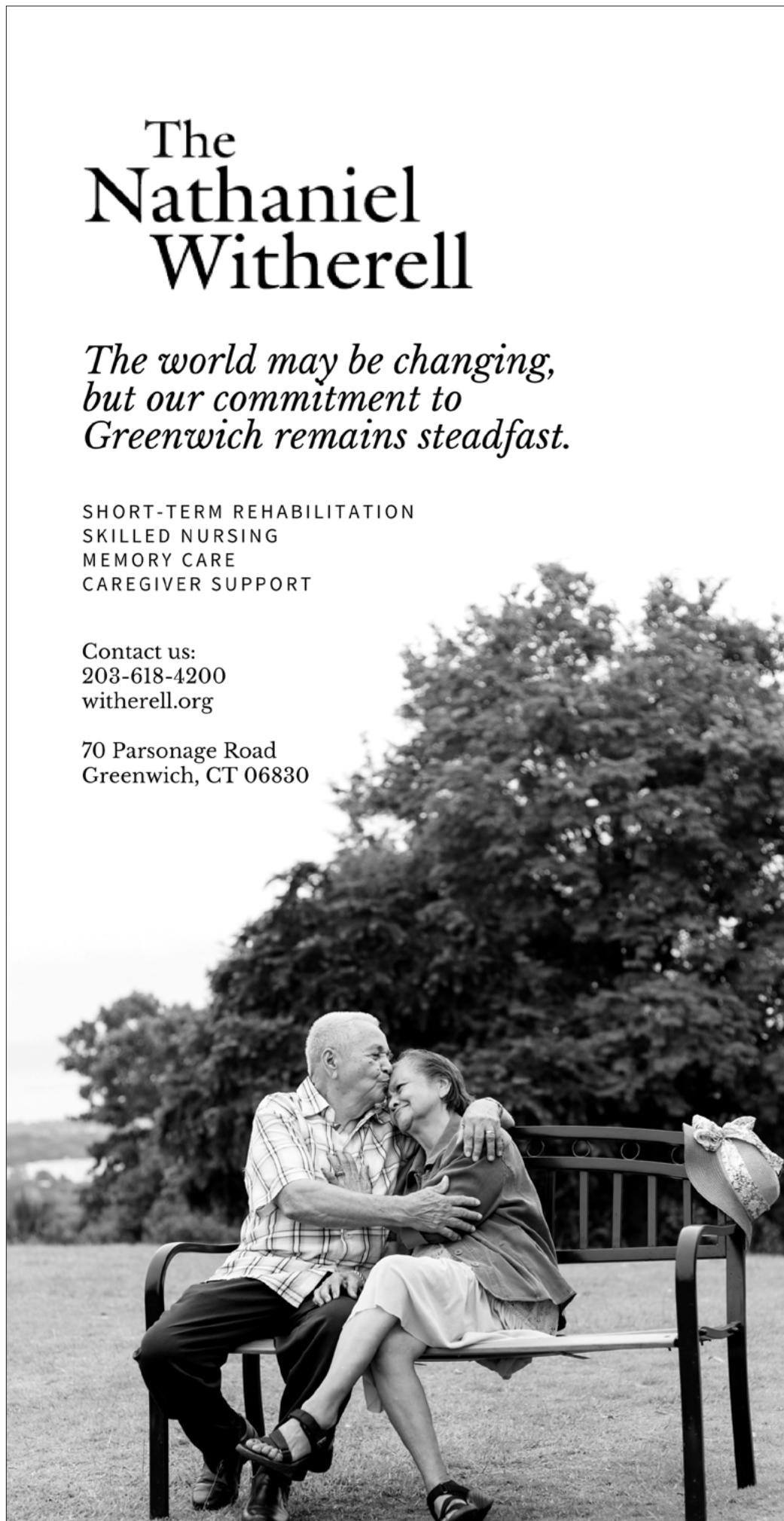


Parsonage Cottage is a highly rated, state-of-the-art, senior residence located on parkland acreage in beautiful Greenwich, CT. They value the happiness, dignity, pride, independence, interests, and the health of every member of our community.

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Phone 203.869.6226 or email penny@parsonagecottage.org



'Tis the Holiday Season (Almost!)... Is it time for Home Care?

By HILLY SHEINBAUM

With Thanksgiving, Hannukah, and Christmas just around the corner, many of us have a renewed sense of hope that we will be able to spend time with our loved ones, celebrate our emergence from the pandemic and resume the "normal" life we once knew. There is no doubt that these past few years of COVID have taken a toll on our physical and emotional well-being. But it's time to look and see—really see—how our loved ones have fared.

The decision to hire help in the home is often a complex one— and was so even before the coronavirus pandemic. While the added care provides security and peace of mind, it can also require some adjustment for the person being cared for, as well as the family. Some individuals prefer to hire private help in the home, often based on friend or family referrals. However, most professionals recommend seeking caregivers through a reputable agency and, further, one where there is some professional oversight. It is so important to have an experienced clinician write a care plan for caregivers to follow so that all the client's needs are addressed consistently, both clinically and psycho-socially. Well-staffed agencies can also step in and find replacements if a caregiver needs time off (emergently or planned). From a financial point of view, agencies payroll the caregiver and provide worker's compensation; this ensures that no labor laws are violated and provides security that a caregiver can receive compensation if an injury occurs in the home, with minimal risk to you for legal action. Sterling Care, based in Greenwich, CT, is a great example of a full-service companion and homemaker agency, a CMS 5-star certified home health



But how do you really know when it is time to bring help into the home?

agency, as well as a senior living placement service that provides personalized services in a careful, caring, and comprehensive manner. There is a multidisciplinary team of professionals who contribute to the overall well-being of each client.

But how do you really know when it is time to bring help into the home? There are telltale signs to indicate something needs to change and that additional care for your loved one is needed to keep him/her healthy and safe. The following is a list of things to consider:

- You notice that your loved one appears unkempt

or is wearing unclean clothes. If this is something out of character, it can be indicative that your friend or family member may be having difficulty bathing by him/herself and/or doing the laundry.

- Despite a recent normal physical examination by a doctor, you are noticing that your loved one is losing weight

This may be an indication that your loved one is unable to shop for food or prepare his/her own meals.

- There are overt signs or subtle indicators that prompt the thought that something is not quite right

Repeated forgetfulness that might pose a danger to your loved one is a clear sign that something needs to change. Your mother was making hard-boiled eggs-- for two hours. The smoke alarms go off because the pot is empty (and burnt), and smoke has filled the kitchen. The superintendent of the building has told you that this has happened twice in the last month. Or your father goes for his morning walk to get the newspaper at the 7-11 down the street. Despite the fact that he has been doing this daily for the past 20 years, he suddenly can't remember how to get back to his house. He begins to wander, and his friend finds

him and calls you to let you know what happened. A major alert that help is needed.

- There are physical concerns related to aging that can pose a danger to your loved one

Your mother falls on her way to the laundry room, which is just down the hall from her apartment. She tells you about it and then casually mentions that it's happened before but adds, "don't worry, I'm fine." The truth is that it's not a matter of "if" it will happen again, but rather "when" and what injury will result.

- There is a chronic illness, a return from the hospital or rehab setting, or

weakness from progressive age Any one of these conditions may necessitate a need for care in the home to provide a security blanket of safety, whether it is companion care, skilled nursing care, physical, occupational, or speech therapy.

If any of these items ring true to you, it is advisable to place a call to get the assistance your loved one needs and deserves. Let Sterling Care assist in coordinating the services in-home to keep your loved ones safe during this holiday season and always.

Hildy Sheinbaum, RN, CDP, Director of Senior Placement Services, Sterling Care



About Us

Sterling Care is a full-service home care agency located in Greenwich, CT. As a top-rated and most comprehensive home care provider in Fairfield County, we offer a full suite of home health and concierge care services.



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- In-Home Outpatient Rehabilitation Services Under Medicare Part B
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- Private Duty Physical, Occupational, and Speech Therapy Services
- Dementia Coaching And More

Concierge Care Services

- Companion and Homemaker Services**
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- Senior Living Placement Services

Call us at
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www.sterlingcare.com

235 Glenville Road 3rd Floor,
Greenwich CT 06831

* Medical Home Health Services Provided by Sterling Care LLC HHA#40. We accept Medicare Parts A and B as well as selective commercial insurance plans.

** Companion and Homemaker Services Provided by Sterling Care Home Staffing LLC HCA# 0000696.
We accept private pay, and our services qualify for many long-term insurance plans.