

Westbrook



Events

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In this issue

Selectman's Corner

Flood Information

Land Conservation Trust

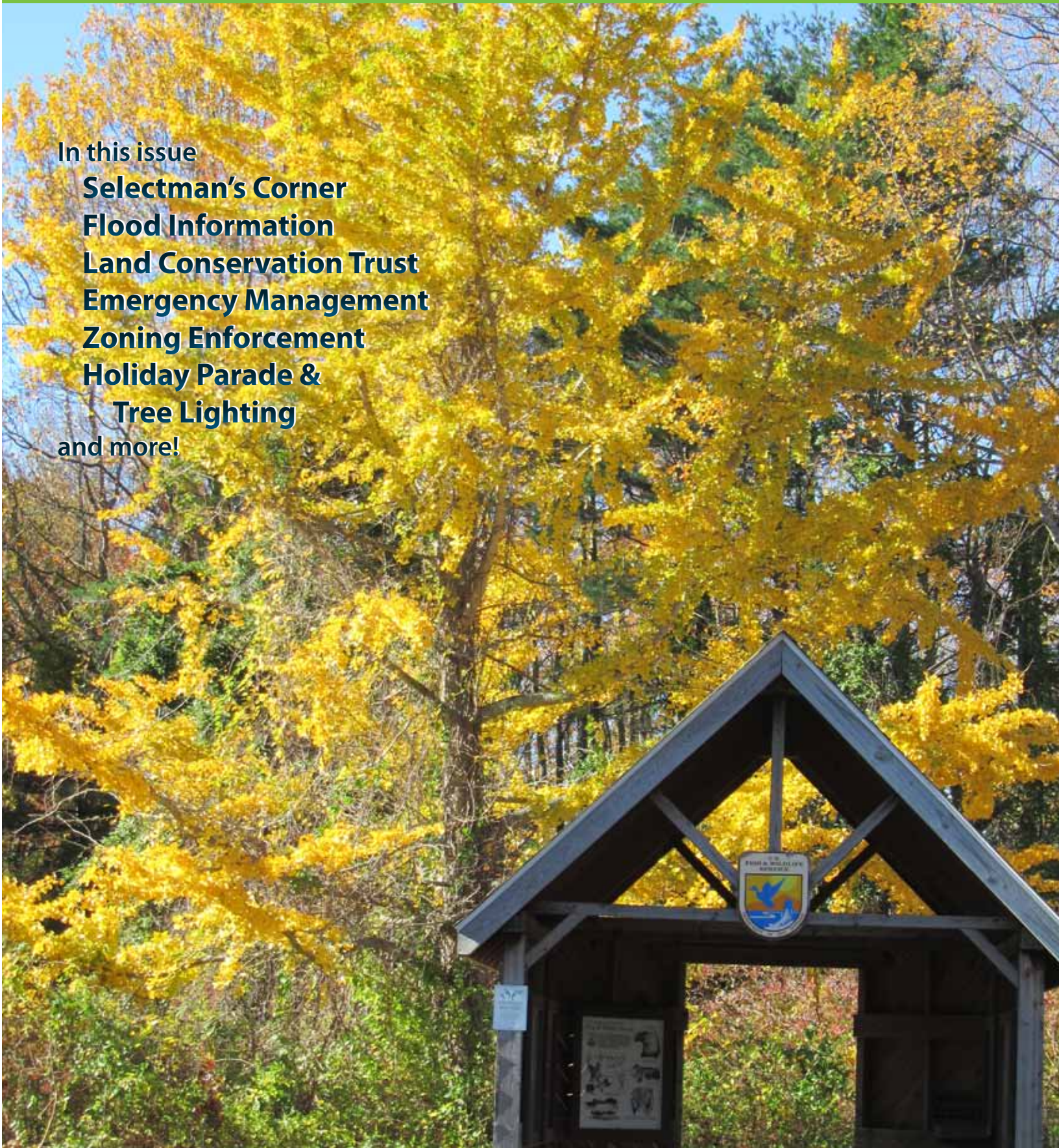
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First Selectman's Corner

I would like to take this opportunity to thank Westbrook residents for their patience and understanding during Hurricane Irene and her aftermath. Throughout the town, many examples of neighbors helping neighbors were witnessed.

As we are all aware, CL&P was overwhelmed with damage reports and many residents were without power for four or more days.

Westbrook's Emergency Operation Center (EOC), located at the Riggio Building, did an excellent job and representatives were available throughout the hurricane. Communication was difficult during the event as land telephone lines were down, many cell phone numbers were inoperable, and access to the Internet was limited. The EOC distributed status reports via flyers delivered to the Daisy Ingraham School, post office, library, marinas, businesses along Route 1, etc.

Thanks to the Tanger Outlet Center for providing a major staging area for CL&P crews. Additional thanks to the Red Cross for coordinating shelter at the Daisy Ingraham Elementary School. The Public Works Department began working immediately following the storm to remove sand and debris from municipal roads and beaches. Their outstanding service was vital to our community becoming operational.

A major concern during the hurricane was the lack of communications. I would like to encourage Westbrook residents to sign up for the CT Alert Emergency Notification System by contacting www.ctalert.gov and providing contact information, including cell phone numbers.

As a service to all of our residents, for two weeks immediately following the storm, there was no charge for debris taken to the Transfer Station. Based on the number of cars at the station and the cost of normal fees, \$10,000 was the reported loss in revenue to the town as a result of this benefit to our residents. This figure does not include all of the overtime for the Public Works Department or the cost (\$35,000) for a chipper used to discard much of the debris delivered to the land fill.

Mr. Don Izzo, Director of Emergency Management, has conducted a debriefing of all aspects of the hurricane. All appropriate staff and personnel were included in this debriefing.



First Selectman Noel Bishop

continued on page 3

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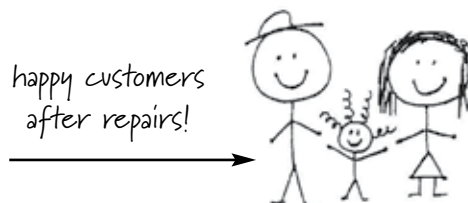
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• *Selectman's Corner continued from page 1* •

This report is available in the Selectman's Office and includes specific recommendations for any future emergencies.

Once again, a profound thanks to all residents of Westbrook, municipal employees, education staff, and many others who did so much to help us manage this crisis.

— *First Selectman Noel Bishop*

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Publisher & Editor

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

Director of Advertising

Diane Brown dbrown@eventsmagazines.com 860-383-6376
Advertising Sales in East Haddam, Essex, Old Lyme & Old Saybrook

Advertising Sales

Ward Feirer wfeirer@gmail.com 914-806-5500
Advertising Sales in Chester, Clinton, Haddam, Madison & Westbrook

Art Director/ Designer

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

Magazine Layout

Amy Bransfield

Proofreader

Michele Dickey

Motor Sports Editor

Dana Hill

Video & Games Editors

Tom & Liz Pester

Music Editor

Wayne D'Amico

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Dear Neighbors & Friends...

These difficult economic times demand that government leaders investigate creative solutions to our pressing problems. My first legislative session was particularly challenging as I learned the ropes in the House and completed my final year at Westbrook Middle School. I'm pleased to report that there are positive outcomes on both fronts.

I am very proud to be part of the local, state, and federal team that came together to secure funds for our harbor dredging. This vital cog in Westbrook's economy will receive the needed attention it requires so critically.

The state budget constraints have resulted in many sacrifices. Thankfully, aid to municipalities remained whole thus helping stabilize our local property tax burden. The Department of Motor Vehicles was a target for cost cutting, however, and one casualty was new license testing at our local DMV. This affects our young people who would be forced to travel to Willimantic, Norwich, or Wethersfield for this service. Upon a request from Patricia Charles, I contacted DMV and am pleased to relay that if all goes well, beginning in January 2012, testing will take place at Westbrook High School. A regional satellite location will be established for new licensing.

I'm also proud that Westbrook's new Public Works facility will have an animal shelter that can be shared with our neighbors. A \$100,000 state grant will help make this a reality. Our town officials are currently working with Clinton on developing a plan to share the operating expenses for this important function. Mutual cooperation of this nature provides cost savings and recent legislation will provide even more incentives for interlocal agreements.

Finally, a sincere thank you to our community as I complete my 37-year teaching career. It has been a source of great satisfaction and pride working with the students of our town. I am humbled, as well as invigorated, by the trust you placed in me as your State Representative. Please feel free to contact me with suggestions, comments, or insights that will improve our district and state.

Best wishes,
Jim

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Westbrook Emergency Management Town-Wide Notification Systems

The Town of Westbrook's Office of Emergency Management would like to take this opportunity to remind its residents of the importance in participating in one of the various means of notification to town-wide emergencies. These means of notification were used extensively before and after Hurricane Irene. The following systems are in place for all future emergency notifications with additional notification systems available as the need arises.

A common notification system associated with the State of Connecticut is the CT ALERT system. The CT Alert system already in place has your home telephone number in its system, but there is no guarantee you will get the message, as telephone lines could be out of service. Our 911 Center, Valley Shore Communications, has trained communicators on duty, 24 hours a day, to send out messages at anytime. However, you need to add your cell phone, text messaging device, and/or email options as additional means of being contacted. Immediately following Tropical Storm Irene, many residents were without home phone service for many days, and cell phone service was inoperable for 10-24 hours. This notification system is free to join and all information provided is secure and confidential. If you do not have access



to a computer and/or the Internet, please contact a friend or family member or visit the Town of Westbrook's Public Library for free computer access. Additional information pertaining to this notification system and the ability to sign up is available at www.ctalert.gov.

A second means of notification, separate from the CT Alert System for residents with children in the school system, is the Westbrook School's notification system. Similar to CT ALERT, you can select how you want to receive the message: home telephone, cell phone, email, etc. The school's notification system is reserved for school activity and closing announcements **ONLY**. The school's notification system can work in conjunction with the other notification systems throughout the town when requested. Please contact the Superintendent of Schools for more information.

For more information on the Town of Westbrook's Office of Emergency Management, town-wide preparedness, and upcoming volunteer opportunities, please visit our web page at www.westbrookem.com or check out our Facebook page by searching Westbrook, CT Emergency Management from your Facebook homepage.

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Giuliano: New Laws for Connecticut's Active Duty Military and Veterans

The state legislature passed quite a few bills this legislative session concerning Connecticut veterans and active military personnel. These laws are meant to honor their service.

This year, the legislature passed a new law (Public Act 11-3) which requires the Department of Veterans' Affairs (DVA) to publish an informational page on its website effective July 1, 2012. The initiative is meant to be a one-stop easy reference for Connecticut veterans navigating the sometimes confusing waters of benefits and post-service civilian life. The page must list any benefits, services, or programs that any state or federal agency, department, or institution offers for veterans or their families, including eligibility requirements.

Prior to this session, regional school boards could award high school diplomas to veterans who did not receive them because they left high school for military service, but only World War II veterans were eligible to do so. Under the new law passed this session (Public Act 11-17), they may also do so for honorably discharged veterans who served actively from June 27, 1950 to October 27, 1953 in any of the armed forces.

Another new law (Public Act 11-56) extends the Department of Motor Vehicle (DMV) commissioner's authority to issue special registration and veterans license plates to active U.S. armed forces members or their surviving spouses. Current law



State Representative Marilyn Giuliano

allowed for any service member with an honorable discharge, or released under honorable conditions, to be eligible for a veteran motor vehicle license plate. This bill would extend those eligible for a veteran plate to include currently active members of the armed forces. Should the active service member be discharged in any manner that is not an honorable release, it would render him or her ineligible for the plates and require they be returned to the Department of Motor Vehicles.

Also, the DMV commissioner has been given authority (Public Act 11-68) to include a person's status as a veteran on his or her state driver's license or identity card. This allows veterans to simply carry one card, their drivers' license or ID card, to prove veteran status for benefits, discounts, or functions honoring veterans. Current state law allows residents 65 or older to apply for a free lifetime pass to state parks, forests, and recreational facilities. This same law extends such a benefit to veterans as well.

Veterans are not the only ones who sacrifice when they answer the call to duty. Their families are partners with them in their service. In an effort to assistance families of deceased veterans, a new law (Public Act 11-49) waives the \$20 fee for one certified copy of a veteran's death certificate when the deceased veteran's spouse, child, or parent requests a copy. By law, anyone age 18 or older must pay \$20 for a copy of a death certificate from the municipality where the death occurred or the Department of Public Health's State Office of Vital Records. Often, these death certificates could be required for family members to be eligible for certain benefits, pensions, registration, or other matters of estate relating to the deceased veteran.

If you have questions about any of these laws or about state government in general, please feel free to contact my office at 1-800-842-1423.

— *State Representative Marilyn Giuliano*

Rep. Giuliano represents Lyme, Old Lyme, Old Saybrook, and Westbrook in the General Assembly.

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Wastewater Management in Westbrook – Where Are We Now?

Several recent news articles have described neighboring towns' plans to address water pollution orders originally issued by the CT Department of Energy and Environmental Protection in 1974. Old Saybrook has embarked on an ambitious program to evaluate and upgrade many shoreline septic systems, and Clinton is evaluating the use of larger systems that serve entire neighborhoods. The Town of Westbrook has been under a similar order, but it has never been under the court order that is mandating Old Saybrook's very aggressive program. Additionally, the Water Pollution Control Commission has continually maintained a good working relationship with DEEP that has allowed Westbrook to proceed slowly and with minimal expense to the taxpayers.

Since the late 1990s, the Westbrook WPCC has been working with an engineering firm, now named AECOM, to study options for pollution abatement. Westbrook has no rivers or streams that would be permitted to accept a discharge from a sewage treatment plant, which has essentially eliminated that option. Potential sites for sub-surface disposal from neighborhood-sized systems have been investigated and found unsuitable or unacceptably expensive and have not been pursued. Both of these solutions would involve a significant expense to the residents of Westbrook, which WPCC has worked hard to avoid.

The Westbrook WPCC feels that the most cost-effective method for protecting public health and improving the quality of the town's water resources is to continue to use septic systems as the primary method of waste disposal. Septic systems are an environmentally sound solution if they are designed, installed, and maintained in a proper manner. The Engineering Plan to address the DEEP order is now being completed by AECOM, and will support this approach.

What has been done already to strengthen Westbrook's response to the DEEP? In 2006, the Westbrook Sewer Avoidance Ordinance was adopted at Town Meeting. This is an ordinance that requires septic upgrades for winterizations and many property improvements, as well as routine maintenance (pumpouts) every five years for all Westbrook residents. The ordinance must be enforced by the Westbrook Health Department. All residents who wish to improve their properties must have a Health Department review of their plans; some plans will require additions or replacement of the existing septic system. Additionally, septic tank pumpers are required to report their pumpouts to the WPCC office so that compliance can be monitored. The WPCC has set up a Web-based program to simplify this process for the pumpers, who

can complete the process easily from their offices or directly from the sites with a wireless device.

The Sewer Avoidance Plan upon which the ordinance is based outlines a continuing process for investigating and upgrading existing septic systems. Future ordinances will introduce additional requirements to improve Westbrook's septic infrastructure. These may involve the elimination of metal tanks and cesspools (both can be physical as well as environmental dangers), further testing of groundwater levels and soil types, or required replacement of undersized tanks or leaching areas. Financing options and support will be part of any significant change in upgrade requirements.

The success of the Sewer Avoidance Plan will be dependent upon the cooperation of Westbrook's citizens, the continued support of the CT DEEP, and appropriate staffing in the Health Department and WPCC. In 1998, the projected cost of sewer-ing portions of Westbrook exceeded 48 million dollars. The Sewer Avoidance Plan will address our environmental concerns at a fraction of this cost to the taxpayers of Westbrook.

— Marilyn Ozols, Chairman,
Westbrook Water Pollution Control Commission

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Important Flood Information for Residents

The Town of Westbrook is ready to provide public information regarding flood hazards, flood insurance, and flood protection measures designed to correct existing deficiencies in flood-prone construction. Some of the information and assistance available to residents is outlined below.

FLOOD INSURANCE RATE MAPS

The Land Use Office is the community's primary source of information regarding Flood Insurance Rate Maps (FIRM). It is important to know the base flood elevation of your property. Stop by the office to take a look at the FIRM Maps or go to www.FEMA.gov.

FLOOD PROTECTION

The Zoning Official and Building Official are available to answer public inquiries regarding floor elevations of existing properties, advice on appropriate protection measures, and the potential flood threat in a given neighborhood.

FLOOD REFERENCE LIBRARY

The Land Use Office and the Westbrook Library maintain documents that provide flood protection reference material to the general public. Reference materials include Flood Insurance Rate Maps, state and federal publications covering a variety of subjects, and a list of agencies and individuals



Salt Island Road, Westbrook, after Tropical Storm Irene.

to contact for more information. Residents are urged to take advantage of this flood information resource.

FLOOD THREAT

Flooding is caused by heavy rainfall that occurs in short periods and is common during summer thunderstorms and tidal surges that accompany tropical storms and hurricanes. Hurricane tidal surges are our greatest threat. Because of Westbrook's low land elevations and proximity to Long Island Sound, the flood threat is significant. Due to this threat, the Federal Emergency Management Agency (FEMA) has identified parts of the town as a Special Flood Hazard Area on the Flood Insurance Rate Maps. These maps establish base flood elevations for all development, with the lowest permitted habitable floor levels. The potential for flood loss will always exist. The need to respect this hazard and to know how to deal with it accordingly is your best protection.

PERMIT REQUIREMENTS

With Westbrook's participation in the National Flood Insurance Program (NFIP), the town administers flood management regulations and other measures designed to minimize potential flooding losses. Any development requires a permit from either the Zoning Office, Building Department, or both. The town ensures development is taking place according to flood regulations that include required elevations of the floor in living areas; flood-proofing of certain construction; limitations on placement of fill; and prohibitions of certain substantial improvements, additions, or reconstruction.

In accordance with NFIP standards, the town requires that if the cost of any reconstruction, rehabilitation, addition or other improvements to a building equals or exceeds 50 percent of the building's market value, such work is considered a substantial improvement. The existing building is then required to meet the same standards as a new building in the floodplain.

continued on page 11

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• *Flood Information continued from page 10* •

For residential structures, these requirements typically mean raising the living area to the base flood elevation. The town's substantial improvement requirements are enforced through the development and building permitting process. Applicants for remodeling or repair of nonconforming structures (e.g., buildings that are not elevated to or above the base flood elevation) are required to submit a cost estimate of improvements and an appraised value of the existing structure to determine if the work constitutes a substantial improvement. With these requirements, the town ensures more of the older nonconforming structures will be elevated to base flood elevations and protected from potential flood damage.

Westbrook's permitting review process is necessary to allow the town to participate in the NFIP, making flood insurance available to any residents who wish to protect their property from flood damage. Development that occurs without permits threatens the town's continued participation in the NFIP and the ability for residents to obtain flood insurance.

Are you insured? For many people, their home and its contents represent their greatest investment. Property losses due to flooding are not covered under most standard homeowners' insurance policies. You can protect your home and its contents with flood insurance through the NFIP, which is a federal program established by Congress in 1968 to enable property owners to buy flood insurance at reasonable rates in participating communities. In return, participating communities carry out flood management measures designed to protect life and property from future flooding.

The NFIP is administered by the Federal Emergency Management Agency through its Federal Insurance Administration. The Town of Westbrook has participated in the NFIP since 1982.

To find out more about flood insurance for your property and its contents, contact your insurance agent. There is usually a waiting period before a flood insurance policy takes effect, so don't wait until a storm threatens before you secure the flood insurance you need.

More Information from the Federal Emergency Management Agency (FEMA) is available at floodsmart.gov Or call toll free: 1-888-379-9531.



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Registrar's Article

VOTER UPDATES - In addition to the regularly scheduled Registrar of Voters office hours each Tuesday from 11:00 a.m.-1:00 p.m. and Thursday from 5:00 to 7:00 p.m., there will be **Special enrollment sessions on:**

Tuesday, November 1 from 9:00 a.m.-8:00 p.m.

Monday, November 7 from 9:00 a.m.-12:00 noon. (See Limited Session.)

These sessions are for the purpose of updating information on the present voter registry list and for residents who would like to enroll in preparation for the election on November 8. To be eligible to vote in the November 8 election, **all mail-in registrations must be submitted by mail postmarked no later than Tuesday, October 25.** After that date registrations must be **in-person with presentation of identification.** If you are unsure of your voter status, you may check the Voter Registry Active and Inactive Lists that are available in the Registrars' and Town Clerk's Offices. Anyone who is on the Inactive list may apply to the Registrars for remedies as to reinstatement to the Active list. Registration applications are available from the Registrars' and Town Clerk's Offices. There will be a **Limited Registration held on November 7 from 9:00 a.m.-12:00 noon** for those people whose qualifications as to age, citizenship, or residency was attained after November 1.

Any registered eligible voter, if unable to vote in person, may vote by absentee ballot for one of the following reasons:

1) absence from the town during all hours of voting, 2) illness, 3) physical disability, 4) active service in the U.S. Armed Forces, 5) religious tenets that forbid secular activity on day of election, primary, or referendum, 6) service as an election official at a polling place other than the official's usual place of voting during all hours of voting. **Absentee ballots are available beginning on Friday, October 7. You must apply for a ballot to the Town Clerk.** (If you have questions, call 860-399-3044.)

Remember to vote on **Tuesday, November 8, from 6:00 a.m.-8:00 p.m.** at the Mulvey Municipal Center in the Multi-Purpose Room. We look forward to seeing you there. For more information please call us at 860-399-3042.

— Barbara G. Lupa, Nancy R. Moore, Registrars of Voters

Land Conservation Trust's Watchman



John Doane, a Westbrook Land Conservation Trust Board Member, spends lots of time driving by and trail walking WLCT properties. He reports things such as objects blocking trails or trees down to other board members so that action can be started to clear the trail. As an engineer, he used to do similar work checking out situations for CL&P. WLCT is very happy to benefit from all his experience.

John is reasonably happy with most trail conditions. He thanks those trail neighbors who help with picking up and reporting problems.

Keep up the good work, John!

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Westbrook Visiting Nurses

What is Homecare All About?

The Westbrook Visiting Nurses provide traditional home-care services for the communities of Westbrook, Clinton, Killingworth, Essex, and Old Saybrook.

Our services include Nursing, Physical Therapy, Occupational Therapy, Speech-Language Therapy, Medical Social Work, and Home Health Aide services.

The type of service a person receives can vary and is often different for each case. Some reasons for the difference in services are the individual client's medical needs, the client's particular health insurance plan, the Physician's Plan of Care

(which includes the care objectives), and the amount of assistive resources (such as family/finances) a person may have available.

The Westbrook Visiting Nurses also provide public health services for the town of Westbrook. This includes monitoring and follow-up care for communicable disease in the community, assistance with emergency management during natural or man-made events, preventative health, health promotion, maternal-child health, clinics, and office visits.

If you or someone you know would benefit from our services please give us a call at 860-399-3088.

— Deb Lovelette RN, CHCE

Plan of Conservation and Development Adopted

The Planning Commission would like to thank the members of the Steering Committee and all those who participated in updating the Plan of Conservation and Development. The plan, adopted on June 30, will be used to guide land-use policies and capital improvements for the next ten years. Printed copies of the plan can be purchased in the Land Use Office, or it can be downloaded from the town Web site www.westbrookct.us at no charge.

Work on implementing the plan has already begun! The Planning and Zoning Commissions recently adopted new Stormwater Regulations to control water leaving each site and are working on updating the Floodplain Management Regulations to minimize flood hazards for all new construction. The Town Center Revitalization Committee has obtained a grant to acquire land in Town Center to add parking and improve traffic circulation at Knothe Road. The Conservation Commission is actively pursuing establishing the Menunketesuck Greenway along our border with Clinton from the Stewart McKinney Wildlife Refuge to Cockaponsett Forest and points north. Development of a Wastewater Engineering Plan by the Water Pollution Control Commission will begin this fall. These are but a few of the efforts underway. In the meantime, new and existing businesses continue

to have interest in locating and expanding in our community and the Land Use staff and commissions will use the Plan to guide appropriate development.

In order to keep our momentum going, the Planning Commission will begin putting together an Implementation Guide to identify tasks, assign responsibility, and track progress.

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Westbrook Recreation Department

This fall has been very successful with registrations and attendance in all our programs. We have programs that will interest everyone, from tots to seniors. K-4 Karate has 25 boys and girls enjoying this after-school program twice a week at the Daisy Elementary. Archery also was full for the ninth year in a row. Please register as soon as possible for our youth programs or you may miss out due to class size.

Soccer also has had a large number of children kept very busy this fall. We had 93 children registered between both our Tot and Recreation Soccer programs. Please register now if your child wishes to play Spring Travel Soccer so we can establish teams! Our new program for this fall is youth badminton – it's both challenging and lots of fun! Give us a call if you still wish to register for any programs.

Our Middle School After-School Program has been growing since the start of the school year. Parents can now have their child in a safe and supervised environment while they are at work or running errands. Your child can register anytime for less than \$10 a day. This rate is for everyone who signs up for the whole week; different rates apply to children doing only single days.

Our Belly Dancing, Yoga, Zumba, Aerobics, and Pilates classes are still very popular with all the adults and seniors on the shoreline. Pilates and Aerobics are done twice a week at the Mulvey Center. You can sign up for one night or both classes and make up classes you may miss (for people only doing one a week). Our Aerobics classes are the best-kept secret on the shoreline. Our two certified instructors will help you reach your fitness goals in a fun and challenging atmosphere. Come on down and register for these highly effective and affordable programs.

Our Winter Basketball programs officially start on January 7, 2012. All children from 1st – 8th grade should register as soon as possible for their specific basketball program. We use Westbrook Middle and High School gyms along with the Daisy gym to provide quality basketball instruction for your child. Each site provides age-appropriate instruction and games essential to learning basketball fundamentals. Sign up as soon as possible so we can prepare for the season!

Winter Floor Hockey will start on March 17 and run through April 28, 2012. Floor Hockey is a fast-moving, safe, and fun sport for both girls and boys. This program has convinced many children to make the jump to local Youth Ice Hockey and field hockey teams. We have Tot Floor Hockey for children 3 to 6 years old and other floor hockey classes for children all the way to 12 years old. Please call for the time when your 1st – 6th grader will be playing. Don't miss out on all the fun!



Floor Hockey is a fast-moving, safe, and fun sport for both girls and boys.



Winter basketball programs officially start on January 7, 2012. All children from 1st – 8th grade should register as soon as possible for their specific basketball program.

We will again be helping Santa with our "Letters to Santa" program. Last year we had well over 121 children participate from four different shoreline towns. Special mailboxes will be at Daisy, the Westbrook Library, and the Town Hall. Children can write to Santa and mail their letters to the North Pole. (Don't forget a return address!) Santa will send back his letter responding personally to your child. Please help your child with constructing these letters. We don't wish to tell any child that they are getting a present and have them not receive it for Christmas. Call us if you have any questions.

The Westbrook Recreation Board and Staff members wish all the Westbrook residents a safe, happy, and fun Holiday Season! Please register for your winter programs as soon as possible to avoid missing out on all the fun. Call 1-860-399-3095 to receive a winter brochure, and find out why people are saying, "Westbrook Recreation has programs for everyone!"

— The Westbrook Recreation Board

For town updates & information:

www.westbrookct.us

Westbrook Youth and Family Services, Inc.

Check out our website at www.wyfs.org!

Counseling Services: Are there times in your life when you could use some extra support? Let us help! We offer individual, couples, and family counseling services. We can help in times of transition, with parenting support, peer conflicts, and daily stressors. You don't have to do this alone! We offer a sliding scale fee and nobody will be turned away regardless of his or her ability to pay.

We are also available to Westbrook students in the public schools during the school day and at our agency location. Let us know how we can help!

Holiday Toast and Our Tenth Anniversary! We are honored to reach our 10th anniversary with this community. Thank you for your support! Please come help us celebrate our 10th anniversary at our annual Holiday Toast at Water's Edge Resort & Spa. This is a wine and spirit tasting event with delicious food supplied by local restaurants. Take care of your holiday gift purchases and possibly walk away a winner at the raffle table!

The Holiday Toast is December 1, 2011 from 5 to 8 p.m. Tickets are \$25 each and all proceeds from ticket sales are donated to Westbrook Youth and Family Services. Tickets can be purchased in advance at WYFS or at the door.

Thanksgiving and Holiday Donation Programs. With the generous support of this community, we are pleased to offer our Thanksgiving Basket and Holiday Giving programs to families in need.

Please consider sponsoring a family for Holiday Giving with your work colleagues, extended family, or civic organization! We also accept designated monetary donations that directly support these programs. This is a wonderful way to lend a helping hand and express the spirit of this season.

If you are the one in need of a helping hand this season, call us at 860-399-9239. We also refer to Warm the Children if you need assistance with winter clothing for your child.

Programming: New Programming is under development! Please check our Web site or call us to learn more.

Autism Spectrum Programming: Throughout the year we offer programming for children on the spectrum or with disorders presenting similar challenges.

Look for our **Adventure Program** in the fall and spring and our **Summer Programming** during the July and August. In these programs, children learn age-appropriate behavioral skills through a variety of experiences in an outdoor setting or on field trips. Curriculum includes opportunities for socializing, coping with stress, conflict resolution and dealing with anger, role playing and social rehearsal, verbalizing needs/volume control, relaxation techniques, artistic expression, and self-esteem building.

ASD Parent Support Group: An open support group for parents with children diagnosed with an Autism Spectrum Disorder (PDD-NOS, Asperger's Syndrome, etc.). Facilitated group addresses current topics and relevant concerns of

parents and their children. Children are welcome and can play in our large group room supervised by our therapists. Call us if you are interested in this group.

Youth and Family Support Groups: We lead a number of groups where youth and families can find comfort and support in directed sessions with their peers and others sharing similar situations.

Lil' Tykes: A play group for parents, grandparents, and/or guardians and their children aged 0 to 5 years. Come play, interact, and explore with your little one while talking with other adults. Activities, discussion, and support Wednesdays 9 to 10:30 a.m. No fee. Just drop in!

Our **Women's Group** is designed for women in transitions to support each other in life changes such as divorce, career, children leaving the home, or daily stresses. We will cover coping with stress, self-care, adjusting in difficult times, and much more. Please check our Web site for the start of the next session.

Our **High School Girl's Group** is held during the school day at Westbrook High School and is designed to empower and support girls by helping them identify and focus on their strengths and learn strategies for coping with existing and future environmental stressors. Topics will include body image, peer pressure, societal influences, eating disorders,

continued on page 17

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Estuary Council

Estuary Council of Seniors, Inc. has been Serving Seniors in the nine-town Estuary region for 35 years. Call us to receive our *Gazette Newsletter* or go to www.ecsenior.org for our online newsletter, events calendar, menu, and more.

Donate Your Car or Boat to the Estuary Council. Turn your car or boat into a tax deduction by calling 1-800-716-5868. Vehicle does not have to run. Proceeds benefit the vital services we provide in the nine town Estuary Region.

YOU'VE GOT MAIL! - Be the first to know what is happening by getting our newsletter emailed to you. No more postal delays, winter address changes, or trying to find the newsletter to confirm a date for the great free class or seminar. Go to www.ecsenior.org and click on the newsletter icon to follow the link and sign up. Then email us to remove you from the mailing list.

WICKED WITCHES LUNCH: Tuesday, October 31 at Noon. Ribbon for best dressed Witch or Warlock. Remember to make your lunch reservation by 11 a.m. Friday morning October 28. Happy Halloween!

INTERESTED IN SCRABBLE? – Call Deb at 860-388-1611.

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

MASSAGE THERAPY AT THE ESTUARY: Weds. from 10 a.m. to noon. Massage is one of the oldest forms of healing. Soothe anxiety and depression, increase joint mobility, and help with chronic pain, to name just a few of the benefits. Call Sarah at 860-710-1330 with questions or for an appointment. Sarah has been busy, so don't wait to make your appointment.

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION For medical appointments, to any medical location beyond the nine-town estuary region. Call Judy at 388-1611. Suggested donation of \$25. EMOTS is supported by the Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

MEALS ON WHEELS – hot meals delivered to your home. Call Diane at 388-1611. A \$2.50 donation request for those aged 60+ ; otherwise cost is \$6.25. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

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

CLASSES AND ACTIVITIES: Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Wii, Tai Chi, Cribbage, Writer's Group, Book Club, Quilter's Group, Dominoes, Needlecrafters, Hand and Foot, and more.

ESTUARY THRIFT SHOP: Hours are from 10 a.m. – 4 p.m. Mon. – Fri. and 9 a.m. – 1 p.m. on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available! Donations are accepted and volunteers always needed.



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MISS MULVEY



"I'm almost done inventorying the paper, then it's on to the pencils and pens!!"

Westbrook Garden Club

The Westbrook Garden Club has designated its executive committee officers for 2011-2013. The club thanks its previous officers for their tireless work for the past two years. The garden club is excited to introduce new officers: Mindy Gordon, president; Rosemary Einsmann, vice-president; Norma Mitchell, recording secretary; Nance Hahn, corresponding secretary; and Penny Sisk, treasurer. The new officers are looking forward to continuing the garden club's mission: to promote interest, understanding and education of gardening, horticulture and floral design; beautify our community; and conserve our natural resources.

The garden club has provided programs to the public on a variety of garden topics. The club is always looking for garden enthusiasts – men and women of all ages to participate in a wide range of activities to help support the Westbrook Garden Club's objectives.

The Westbrook Garden Club meets on the fourth Tuesday of the month at 7:00 p.m. at the Westbrook Public Library. All



The Westbrook Garden Club is always looking for garden enthusiasts – men and women of all ages to participate.

are invited to come and enjoy the club's free presentation on October 25, "Utilizing Native Plant Material and Identifying Invasive Plant Species," presented by Bob Kuchta.

New Employee Joins Westbrook Visiting Nurses

Noreen Saunders has recently been hired as our Rehab Supervisor. Due to the increased demand for therapy services in the homecare setting, she will be involved with developing policies and procedures related to therapy services and keeping abreast of the continuing changes in the Medicare and other regulatory requirements. She will be supervising the per diem physical therapists, occupational therapists, speech therapists, and home health aides.

Noreen comes to Westbrook Visiting Nurses with twenty-two years' experience as a physical therapist. She has worked in our office for the past eighteen years as an independent contractor so is well versed in the homecare setting. She enjoys the homecare setting where she can work closely with patients on a one-to-one basis with the goal of having the patient become as independent as possible and maintain living in their home environment safely and as long as possible.



• Youth and Family continued from page 15 •

addictions, domestic violence, and relationships. We host Girl's Night at WYFS every other month!

Our **Middle School Girl's Night** allows the girls to come together to discuss a variety of issues that are typical stressors for middle school girls. Topics can range from boys to bullying as initiated by the needs of the participants. This group meets once a month over pizza and refreshments. If you are interested, let us know!

Do you have a suggestion for a group or program that you would like us to offer? We would love to hear from you. Contact us at Jacqueline@wyfs.org!

Deadline for the next issue of

WESTBROOK EVENTS

is January 17, 2012.

A Valley Shore YMCA Membership Saved My Life

The mission of the Valley Shore YMCA is to develop and encourage the growth of all individuals in Spirit, Mind and Body, in an atmosphere of mutual respect. This means different things to four generations of women in my family. To our six year old granddaughter, it means showing her family that she can swim independently, without a bubble. To her mother and aunt, the Y means swim and gymnastics lessons, as well as summer camp and teenage employment. To her great grandmother, the YMCA means mastering the mind-over-matter challenge of learning to swim in her 70s, despite a lifelong fear of being in water over her head.

I have enjoyed regular exercise at the Valley Shore Y for four decades, where I am a member of our local Board of Directors. I have also been influenced by the world community leadership of the YMCA, with its ability to connect people across the world and train them for community leadership and social service.

I recently experienced a health crisis which served to underscore the mutual importance of the three worlds of mind, body and spiritual health. I contracted a bacterial staphylococcal infection, for which my medical team could not find a cause. The infection rapidly spread to my heart and my brain. Treatment required three surgeries and

intravenous antibiotics to stem the infection. My cardiologist informed my family that there is a 40% mortality rate associated with endocarditis, and that the risk of three surgeries boosted that rate exponentially.

But one week after the surgeries, I was alive and lucid. Clinicians from other medical specialties (internal medicine, infectious disease, neurology, orthopedics, and ENT) joined my cardiology team and treated me over the next month. Three weeks at a rehabilitation facility followed the hospitalization. Although there are many unanswered questions about the cause of the staph infection, there was universal consensus about WHY I survived the ordeal. All agreed that my state of health enabled me to endure the surgeries and fight the infection. The recurring comment from the medical community was that "I did not look like my chart"; I seemed stronger than my records indicated.

The fitness I have acquired at the YMCA and often take for granted provided the strength to survive the surgeries and jumpstart a return to health. "Mind" and "spirit" components also formed a net that carried me through the pain and worry of losing my health. The strength of my family, friends and YMCA colleagues prevailed whenever I had doubts about recovery. I am now enjoying regular, although modified workouts at the Valley Shore YMCA. My cardiologist predicts that I will "return to baseline", eventually resuming normal activities.

My granddaughter learned to swim at the YMCA, and my daughters formed life-long connections with the Y. My mother-in-law conquered her fear of water at the Y. And I reclaimed my appreciation for the mind-body-spirit power of the YMCA. Thanks, Y colleagues, for supporting so much more than my physical recovery alone.

— Kathleen C. Laundry, PsyD, LMFT



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November 11 – Veterans Day

November 24/25 – Thanksgiving Holiday

Dec. 22 - Thursday 9 a.m. – 4 p.m. (closing early)

December 23 - Friday - closed

December 26 – Monday - closed

WESTBROOK NEWCOMERS' GUIDE

Welcome to Westbrook!

On behalf of *Events Magazines*, welcome to Westbrook. Whether you are new to Connecticut or just new to Westbrook you will find wonderful people and places to visit in town. From the Westbrook Fire Department Carnival to the Westbrook Fife & Drum Muster Parade, Westbrook has something for everyone. Below are important phone numbers. Please tear out this page and keep it for future reference. We at *Events Magazines* and Essex Printing support local businesses.

Please use this guide and "Buy Local" – we do!

BUSINESS & PROFESSIONAL SERVICES

USEFUL NUMBERS

MIDDLESEX COMMUNITY FOUNDATION . . . (860) 347-0025
 GEORGE FLYNN CONCERT (860) 669-1208
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 WESTBROOK GARDEN CLUB (860) 399-8963
 9 TOWN TRANSIT (860) 510-0429
 VISITING NURSES OF WESTBROOK (860) 399-3088
 FIRST CONGREGATIONAL CHURCH
 OF WESTBROOK (860) 399-9367
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IMPORTANT TOWN HALL NUMBERS

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 LANDFILL (860) 399-6356
 MUNICIPAL AGENT FOR THE ELDERLY (860) 399-3048
 PROBATE COURT (860) 399-5661
 RECREATION (860) 399-3095
 REGISTRAR OF VOTERS (860) 399-3042
 SELECTMAN'S OFFICE (860) 399-3040
 SOCIAL SERVICE (860) 399-3048
 TAX COLLECTOR (860) 399-3043
 TOWN CLERK (860) 399-3044
 TOWN GARAGE (NORN'S AVE.) (860) 399-6891
 TOWN WEB SITE www.westbrookct.us
 TREASURER (860) 399-3040
 WESTBROOK SENIOR CENTER (860) 399-2029
 WESTBROOK YOUTH & FAMILY SERVICES (860) 399-9239
 ZONING/PLANNING/WETLANDS (860) 399-3046

SCHOOLS

DAISY INGRAHAM ELEMENTARY SCHOOL . . . (860) 399-7025
 JUNIOR-SENIOR HIGH SCHOOL (860) 399-6214
 MIDDLE SCHOOL (860) 399-2010
 SUPERINTENDENT OF SCHOOLS (860) 399-6432

HOME HEALTH CARE

VISITING NURSES OF WESTBROOK (860) 399-3088

AMBULANCE & OXYGEN

BUSINESS CALLS (860) 399-7000

FIRE DEPARTMENT (860) 399-9492

FIRE MARSHAL

BUSINESS CALLS (860) 399-3047

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RESIDENT TROOPER (860) 399-7304
 STATE TROOPER (860) 399-2100

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WESTBROOK PUBLIC LIBRARY (860) 399-6422

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 VALLEY-SHORE Y (860) 399-9622

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 FOR ER WAIT TIMES www.middlesexertime.com

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PODIATRIST

CENTER PODIATRY (860) 676-3668

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ESSEX PRINTING (860) 767-9087

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 CENTURY 21 HERITAGE COMPANY (860) 526-1200
 COLDWELL BANKER - JH&H (860) 399-7202
 TEAM JERMAINNE (860) 662-0230

RESTAURANTS

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 CHIPS PUB III (860) 669-3463

THEATRES

MADISON ART CINEMAS (203) 245-3456

TRANSIT

9 TOWN TRANSIT (860) 510-0429

Want to be listed on the Newcomers' page?

Call Ward Feirer at (914) 806-5500

Westbrook Town Clerk

I am pleased and excited to be able to share with you another way we are enhancing the services this office provides. The Westbrook Town Clerk's Office is the latest to join other Connecticut Town Clerks on a Portal for Online Access to Town Records.

This will allow the searching public 24/7 access to view and or print their town records.

The Town Clerk's Office has been working in partnership with Cott Systems, a privately owned software and service company serving town clerks for over 100 years, to identify a low-cost solution to make public records more accessible to constituents via the Internet. Cott Systems developed a state portal to allow Town Clerks in Connecticut to enhance the services that our offices currently provide.

The state portal is implemented at no cost to the Town Clerk's Office. Now, land records (e.g., deeds, liens, maps) can be viewed via the Internet.

If a searcher needs to print an image, they can now do so via the Internet for \$1.00 per page, as defined by the State of Connecticut. The per-page print fee is a convenience charge, which is kept by the town and becomes an additional source of revenue for the town.

The portal can be accessed at <https://connecticut-town-clerks-records.com>.

Save the Date:

SUNDAY, DECEMBER 4, 2011

AT 4:00 P.M.

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Toll-Free: (800) 406-1527
TDD: (860) 524-7397
Fax: (860) 524-7395

Lieutenant Governor Nancy Wyman

State Capitol, Room 304, 210 Capitol Avenue
Hartford, CT 06106
(860) 524-7384
Toll-Free (866) 712-6998
TDD (860) 524-7397

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Austin-Healey...Extraordinary, Then and Now

While sitting in the publisher's office one day this past July, it was announced that there was a phone call for the "Motorsports editor".

What a surprise, this was a first, but I recovered quickly and was soon chatting with George Greider, a member of the Austin-Healey club of North America. George informed me that he and a large contingent of club members were having a summer rallye, which included a luncheon stop at the Gelston House in East Haddam. Would I like to come up, meet some of the folks and check out the cars, he asked. You bet, what's the date? I'll be there.

These cars have always been on my short list of favorite sports cars, I even owned one for a while back in the "long ago". You may recall a story I wrote about it for *Events Magazines*, but I digress. Let's take a quick look at some of what made these cars so special when introduced in 1953 and sought after as collector cars today.

Built in Great Britain, the Austin-Healey 100 was initially just a two-seat roadster. A 90" wheelbase chassis underpinned the car. Power was provided by a 2,660 cc inline four cylinder engine. Torquey and rugged this power plant was rated a 90 horsepower which seems puny today, but when coupled with a car weighing just over 2,100 pounds, provided good performance for the era, good enough to propel the car to 100 mph, hence the model designation. The Austin Company also provided the three speed transmission with overdrive and drum brakes. All this fairly standard fare for the time.

So what made the car so special then and now? In a word: "looks". Road and Track Magazine in a March 1956 review of a 100M model suggested the cars popularity was due to being a "genuine" sports car and also trouble free. I submit a third reason, colored without question by nostalgia. They were drop dead gorgeous. Low slung and curvaceous, long hood with short rear deck and a two seat cockpit all riding on wire wheels with bright chrome knock off hubs. Wow! This was a "sports car".

The cars evolved over the next decade and a half. Six cylinder engine, four speed transmission, disc brakes, all welcome advances. Also four seats in some models, roll up windows, increased weight and in the opinion of at least a few, an overly chromed front end. But, nit pickers aside, the big Healey's endure as icons of the British sports car era.

In the late fifties A-H introduced an entry level sports car called the Sprite. Affectionately known as the "Bug Eye" in the states, because of its bulging upright headlights, it too is a sports car icon. A low cost, entertaining street sports car, Sprites also enjoyed considerable success in sports car racing competition.

All this wonderfulness came to a screeching halt following the 1967 introduction of the Federal Safety and Emissions Standards. Austin-Healey withdrew from our market. It was the end of an era.

We should all thank George Greider and his fellow Healey enthusiasts for keeping this very special sports car part of our modern car culture. It's especially gratifying to see and hear



A large contingent of Austin-Healey club of North America members recently held a summer rallye, which included a luncheon stop at the Gelston House in East Haddam.

them on our public highways and byways. Thanks all you guys and gals and kudos for a job well done.

Keep the shiny side up and I'll see you next time.

— Dana Hill, Motorsports Editor

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Volunteers from Rolls-Royce Naval Marine, Inc. Install Born Learning Trail in Westbrook on the Middlesex United Way Day of Caring

Middlesex United Way's annual Day of Caring was held on September 28, and a team of volunteers from Rolls-Royce Naval Marine, Inc. installed a Born Learning Trail in Westbrook at Daisy Ingraham Elementary School. The Trails are an early learning tool featuring a series of signs on posts with fun, physical activities for parents and caregivers to do with their children. They are installed in a public setting for everyone in the community to enjoy.

Volunteers cemented posts into the ground, attached signs to the posts, and painted stencils with letters, numbers and shapes. "Rolls-Royce encourages its employees to participate in activities which will create an environment of teamwork with the end result of something that benefits our communities at large," said Donna LaBranche of Rolls-Royce Naval Marine, Inc. "The "Born Learning Trail" was a fun way for the Essex employees to work together to help Middlesex United Way and the school staff create a positive setting – a place where teaching is the ultimate purpose and where young children can benefit from their eagerness to learn. This project was a great way to 'lead them down that path.'"

The Trail installation at Daisy Ingraham Elementary School was coordinated with the help of Seana Nygard, Westbrook Early Links Coordinator. "This family-friendly trail of signs and learning activities, provided by Middlesex United Way, are designed for caregivers to play with their children in an outdoor setting. It encourages quality family time and helps support children's readiness to learn by the time they enter school," said Seana. We look forward to having the Born Learning Trail used as a playful educational resource for the young school-age children, their families, and for the Westbrook community."

One of Middlesex United Way's goals is to increase children's readiness to learn by school entry. This focused Day of Caring project is one way in which United Way is achieving this goal and provide an early learning tool for communities in Middlesex County. Day of Caring is an annual event that matches groups of volunteer from local companies with projects at non-profit organizations.

Teams of volunteers from other local organizations installed trails in Clinton, Cromwell, East Hampton, Old Saybrook, and the communities of Durham-Middlefield and Haddam-Killingworth. Trails already exist in Middletown and Portland. A special thanks to employees from Lowe's Home Improvement in Cromwell who donated their time to pre-build all of the wood posts and cement footings for the trails.

To learn more about Born Learning Trails; as well as view photos and videos from all of the Day of Caring 2011 trail projects visit www.middlesexunitedway.org/day-caring-2011 or 'Like' us on Facebook www.facebook.com/middlesexunitedway.



Rolls-Royce Naval Marine, Inc. employees help to install a Born Learning Trail at Daisy Ingraham Elementary School in Westbrook.

Middlesex United Way is advancing the common good by creating opportunities for a better life for all. Our focus is on education, income, health and housing – the building blocks for a good quality of life. United Way recruits people and organizations that bring the passion, expertise, and resources needed to get things done. That's what it means to Live United.

The Cookie Platoon

The Cookie Platoon is a group of volunteers from various towns dedicated to the proposition that soldiers presently serving, those who are recovering, and military veterans need never be without reminders of home and the people who love them and respect the job they do. What better way to show our appreciation and provide a few moments of familiar comfort than to send fresh-baked cookies?

Our next shipping date is scheduled for Saturday, Nov. 19 at Whelen Engineering on Winthrop Road, Chester at 9 a.m. This is our largest shipment of the year as it is our Christmas shipment. We send to over 500 troops.

If you would like to learn more about helping us bake for the troops, please email Debbie Schaefer at cookieplatoon@sbcglobal.net or visit our website at:

www.cookieplatoon.com

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Shoreline Community Women: Boxes for Soldiers

Fall is in the air, and Shoreline Community Women will be sending many Thanksgiving and Christmas boxes to our troops in Iraq and Afghanistan. We send care packages all year, but try to send as many as we can during the holidays. The contents of our boxes are shared by the troops, and we hope to remember, show our gratitude, and brighten the day of as many of our troops as possible.

We are accepting military addresses...the soldier does not have to live in the area. If you know of someone in the military who can use a care package, just call or email us with the address.

This fall we definitely need a lot of items to fill all these boxes! If anyone would like to organize a drive at their school, workplace, bookclub, sports team, or wherever, please contact us. There is a list of items we collect at the Clinton Post Office. Items we always need include socks (calf height-white or dark), drink mixes (hot or cold) wet wipes, men's razors, toothbrushes, smaller toothpaste, peanut butter, instant oatmeal, Cup of Soups, movie DVD's (used is ok), hard candy, healthy snacks, and men's deodorant. Drop-off places include

the Clinton Library (children's room), Ace Hardware, Northeast Fitness Factory, The Bookloft in Clinton, Clinton Sport Shop, and First Niagra Bank in Clinton.

We always include notes, letters and cards from kids in the boxes and the troops LOVE them! If any teachers would like to help us and have their students write letters or make cards for us, please let us know. We have other ideas of how classes can help if you're interested. If you knit and would like to make hats, mittens, etc., we have patterns for you.

We always need money for shipping...each box costs an average of \$25 to ship. The boxes are the size of a copy paper box, totally full of goodies. (Maybe you've been behind me at the post office!) Donations can be made out to Shoreline Community Women, P.O. Box 51, Clinton, CT 06413.

This project is not possible without a large amount of community support. Help us thank our troops this holiday season for what they do for us and our country every day!

For more info contact Cindy Stevens, 860-669-1109, snowsblock@aol.com or Brenda Farrel, 860-669-0750.



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Sister Cities Essex Haiti

Sister Cities Essex Haiti was created by a group of residents from Essex and environs, most of whom had traveled to Haiti, after the January 2010 earthquake. SCEH raises funds for Hôpital Albert Schweitzer, located in Deschapelles.

For more information about Sister Cities Essex Haiti, please visit our web site at

SisterCitiesEssexHaiti.org



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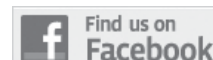
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Providing New Winter Clothing For Needy Children

The need is great this year. In the Valley Shore, needy children will go cold this winter without your help. The Warm the Children Fund is neighbor helping neighbor. *Events Magazines* and the Old Saybrook Rotary Foundation are asking readers to donate to the fund, and all proceeds will be used to buy new winter clothing for needy area children. This is the 19th Warm the Children campaign. Children who benefit from the program live in Essex, Chester, Deep River, Lyme, Old Lyme, Old Saybrook and Westbrook. Social service agencies in each town will work with coordinators Walt Osborne and Jason Smith, assisted by John Donnelly, Ken Roche, Bret Taylor, Bill O'Shaughnessy and Stephen Brinkmann. The coordinators will make arrangements with Wal-Mart in Old Saybrook and assign Volunteer Shoppers to take the families shopping for their winter clothing. Shoppers are local residents who want to help out by donating their time for this worthwhile cause.

As donations are received, volunteer shoppers are asked to call a family to set up a shopping trip to Wal-Mart. Shoppers then meet the family at the store and assist in picking out approximately \$90 worth of clothing per child. All \$90 is spent on clothing whether it be coats, hats, gloves, mittens, boots or winter clothing. There are no administrative costs of any kind.

Simply complete the coupon and send it to the address on the coupon. All donations are tax deductible.



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Treatment can include lifestyle changes and home remedies.

1. Exercise and exposure to light in the morning
2. Removing dark window treatments from the home and work place
3. Use of a specially designed light box

When these remedies don't provide relief it may be time to seek professional help. As a psychotherapist and Advanced practice Registered Nurse with prescriptive authority I'm happy to help. I can be reached at (860) 767-7576 or Dianne@dhmtherapy.com.

Fall and Winter are beautiful seasons. Much too beautiful to be SAD.

— Dianne Hunt-Mason



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