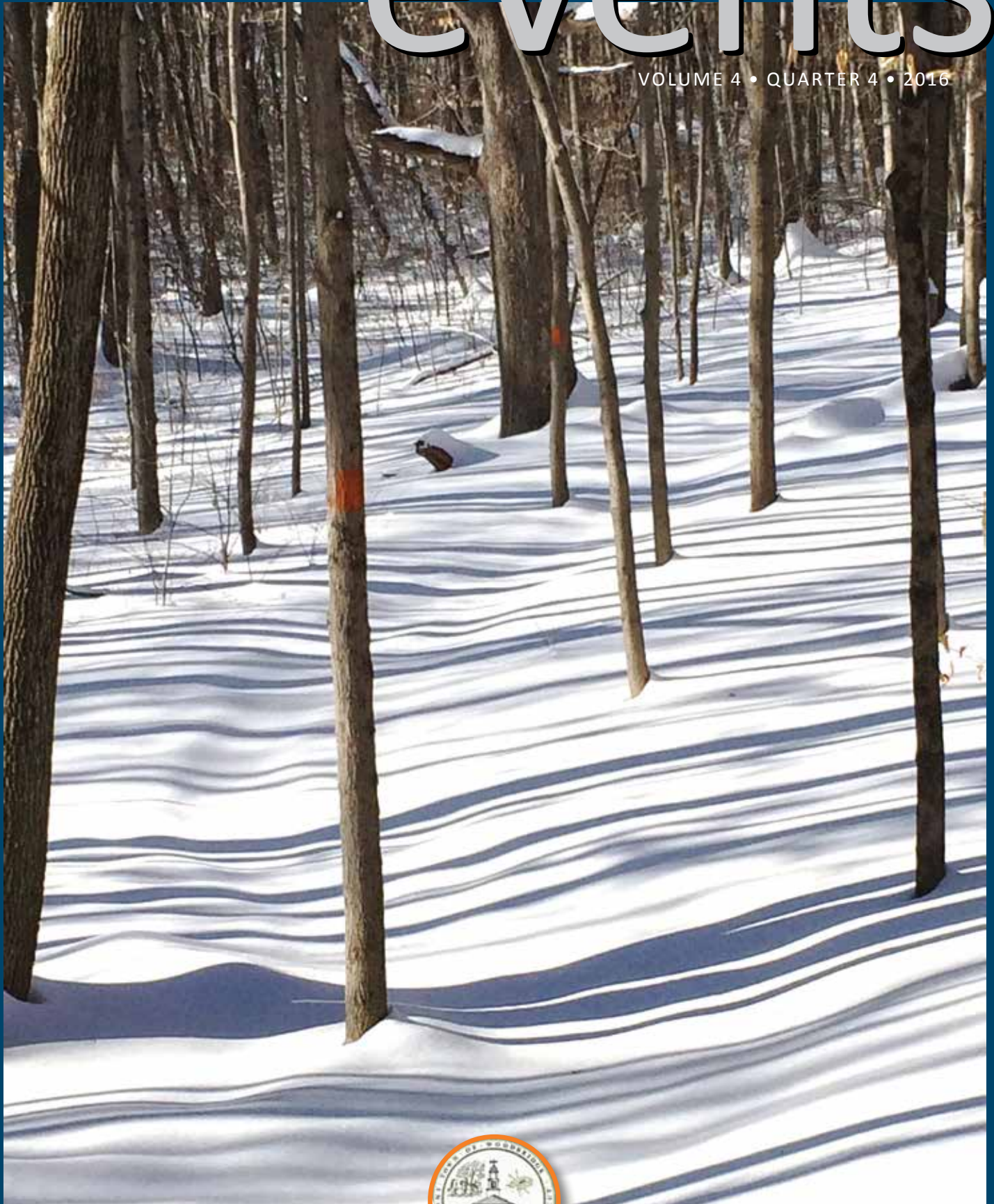


Woodbridge events

VOLUME 4 • QUARTER 4 • 2016

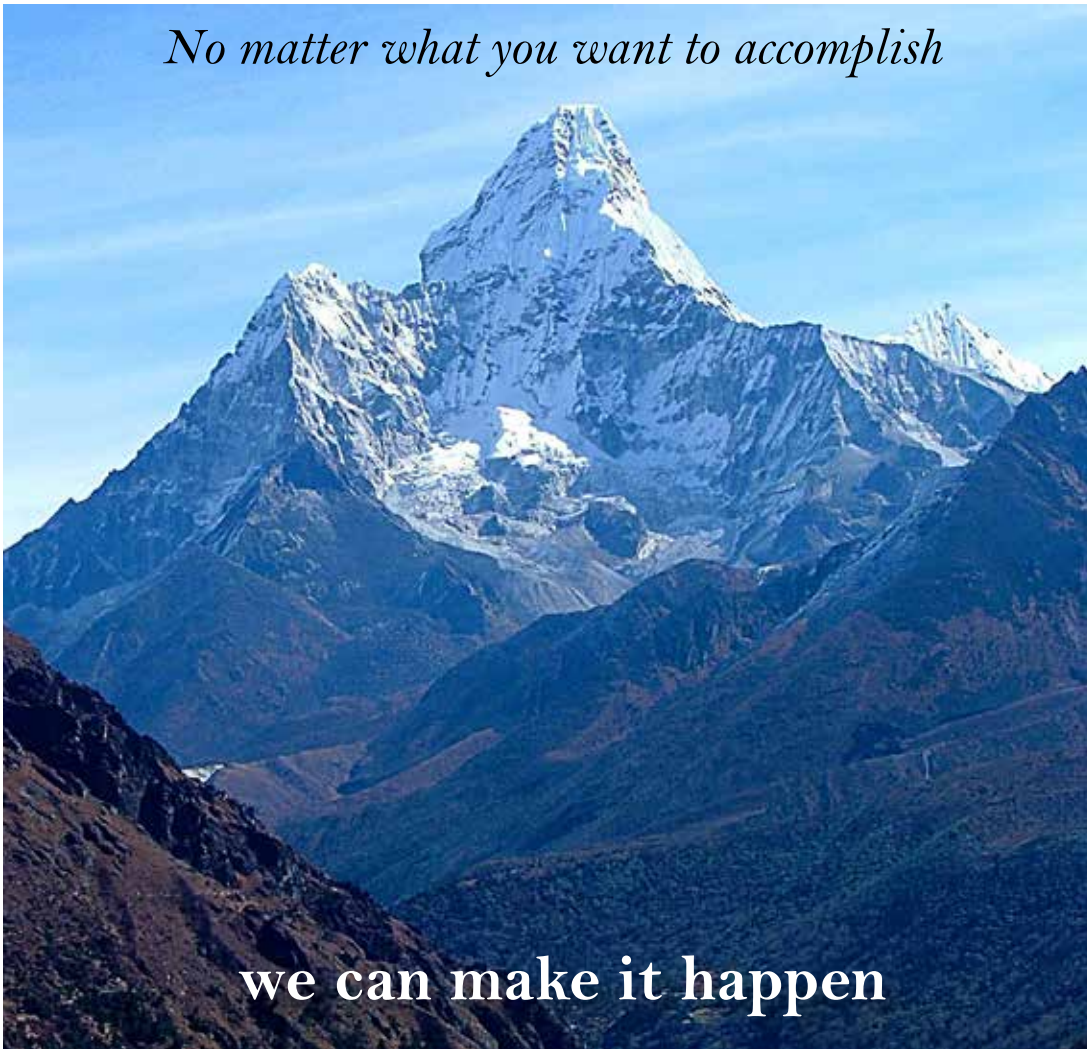


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First Selectwoman's Corner

As we all know, winter weather can pose hazards – on the roads and at home – and we all need to be prepared for these and other emergencies. Recently, Woodbridge participated in a state-wide emergency preparedness exercise.

Under the guidance of the Police Department, our Town departments, the Woodbridge School District, the Amity Regional School District, Ezra Academy, the JCC, QVHD (our local Health Department), AMR and UI met to plan for a mock weather disaster.

HERE ARE A FEW IMPORTANT TAKE-AWAYS THAT YOU SHOULD KNOW:

- Our Town personnel are trained and prepared. During an emergency, the Police Department activates the Emergency Operation Center, which functions as the command center for the duration of the emergency. If requested, United Illuminating will send a representative to our EOC. Our Emergency Shelter, located in the Senior Center, is opened to the public. We are in close contact with our schools and I convene regular meetings with our Fire, Police and Public Works departments who work around the clock.
- Residents have an important role. It is recommended that residents be prepared for three days of being stranded and without power (and for many of us without water). Please make sure that you have candles, flashlights, batteries, water, medicine, non-perishable food and extra blankets in an easily accessible location. You should keep the Town's Emergency Preparation Guide (it includes a list of emergency phone numbers) in a convenient place. You can find a link to the guide on the Town's website, near the bottom on the left.
- Restoration of power may vary depending on where you live. When trees block roadways and take down power lines, the first order of business is to make the roadways safe for emergency personnel. After that, United Illuminating begins to restore power in accordance with the Town's priority list that includes the Police Station, Fire Department, Center Building (where our emergency shelter is located) and others. Next, UI begins to restore power to residential areas starting with those that are the most densely populated. If you live on short or dead-end streets or in a more sparsely populated area, you may be without power for a longer period of time.
- Communication before and during severe weather events is important! The Town will use its website (www.woodbridgect.org), Facebook page

([Facebook.com/WoodbridgeCT](https://www.facebook.com/WoodbridgeCT)), e-news letter (tinyurl.com/WoodbridgeEnews) and the reverse 911 phone system, CT Alert, to communicate with residents. But we can't alert you if we can't reach you. The most reliable method of communication is generally the CT Alert phone system. If you have a landline, your phone number is already registered. You can add your cell phone, TTY device, email, text and/or fax by visiting www.ctalert.gov. You can also receive emergency notifications about more than one location. For updates from UI, sign up by visiting their website: www.uinet.com.



Ellen Scalettar, First Selectwoman

Woodbridge personnel are trained and committed to help and protect our residents if a disaster does strike. Please help us by being prepared.

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Pre-Show Reception • 6 p.m.
Doors open • 7 p.m.

FREE for Cultural Arts patrons and subscribers

JCC Members \$18 General Public \$25 Reception \$15

Reception is free to Cultural Arts subscribers and includes cocktails, fried chicken, latkes, and more.

Dec. 4

10 a.m. - 4 p.m.

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- PJ Library Program 10:30 a.m.
- Sunday Funday Activities

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Dec. 15

6 - 9 p.m.

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Storytelling with Matthew Dicks



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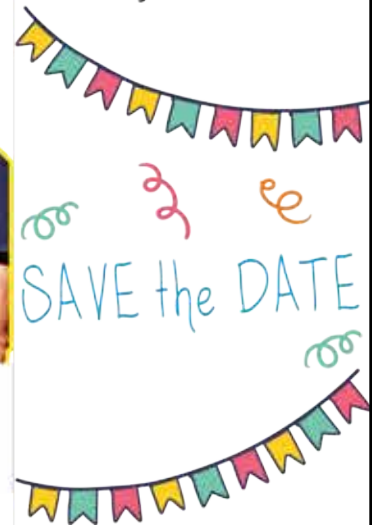
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PUBLISHER

William E. McMinn

ART DIRECTOR

Kathy Alsop 860-391-4372
kathy@eventsmagazines.com

COVER EDITOR

AC Proctor 860-767-9087

LAYOUT & AD DESIGN

Lynne Hardt

SALES REPRESENTATIVES

VERNON • TOLLAND

ELLINGTON • WILLINGTON
Tom Fortin 860-299-4568
tom@eventsmagazines.com

ESSEX • WESTBROOK

CLINTON • MADISON
Ward Feirer 914-806-5500
wfeirer@gmail.com

OLD SAYBROOK • OLD LYME • EAST LYME

Betty Martelle 860-333-7117
betty@eventsmagazines.com

CHESTER • EAST HADDAM

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Sue Smith 860-885-9670
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August, September & October Woodbridge Person of the Month



First Selectwoman Ellen Scalettar, Thera and Andy Stack

First Selectman Ellen Scalettar recognized Thera and Andy Stack, the Garden Club and Kate Brown as the August, September and October Woodbridge Person of the Month, respectively. Scalettar initiated the program to spotlight the many Woodbridge residents, volunteers and employees who go above and beyond the expected in their dedication and commitment to Woodbridge and its residents.

Since 2006 the Stacks have managed the community gardens at the Town-owned Fitzgerald Field. There are 110 community garden plots. The couple takes on the behind-the-scenes organizational tasks including collecting the nominal fee from gardeners, assigning plots, ensuring water supply and enforcing rules, such as the Town's organic-only policy on Town-owned land.

Many Woodbridge residents' yards are deeply shaded and the community garden plots, located in full-sun, are a riot of colorful flowers, vegetable gardens and even a native shrub garden and a rose garden. "The volunteer efforts of Thera and Andy support the natural beauty and the environmental health of our great town, and I thank them for their commitment both to Woodbridge and to the environment," said First Selectman Ellen Scalettar.

Kate Brown, a personal trainer, owns Brown Fitness Training at 245 Amity Road, where Kate organized the first Scarecrow Festival in 2013 as a way to drive more traffic to Woodbridge's retail areas. Kate organized entertainment and encouraged local businesses to create business-themed scarecrows and offer special sales. Noticing Kate's commitment, First Selectman Scalettar



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Kate Brown and First Selectwoman Ellen Scalettar



Garden Club members and First Selectwoman Ellen Scalettar

asked Kate to serve on the volunteer Economic Development Commission, which promotes the Town's business community.

Thanks to Kate's vision, the Scarecrow Festival has grown each year and this year it morphed into a month-long celebration called "Woodbridge Fallapalooza." "Kate is a tireless advocate for Woodbridge businesses," said Scalettar. "She is a big thinker and spends a lot of her time ensuring the success of her neighboring businesses."

The Garden Club is celebrating its 81st year. The Club's focus is civic improvement through landscaping and beautifying the center of town. Garden Club members design, plant and manage public gardens, including the Butterfly Garden at the Library, the 9/11 Memorial at the Firehouse, the Darling House Herb Garden,

the Massaro Farmhouse garden, and the garden at the corner of Meetinghouse Lane and Center Road.

The Club also provides "horticultural therapy" to residents of Coachman Square's Alzheimer's unit, a college scholarship each year and organizes an annual plant sale. "The Garden Club of Woodbridge does so much to promote the natural beauty and quality of life in Woodbridge through their beautification efforts, educational work and horticultural therapy," said First Selectman Ellen Scalettar.

If you know a Woodbridge employee, resident or volunteer who's gone above and beyond expectations, please nominate that person for this award by contacting Betsy Yagla at byagla@woodbridgect.org or 203-389-3403.



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Garden Club Events

UPCOMING GARDEN CLUB EVENTS INCLUDE:

Tuesday, January 3, 2017. "Gertrude Jekyll's Gardens in England and CT." Presenter: Judith Kelz, Director at Glebe House Museum. Judith will present the artistic innovations of Gertrude Jekyll's approach to garden design that have profoundly influenced our modern perceptions of gardens.
Place: First Church of Christ, 5 Meetinghouse Lane, Woodbridge.
Time: 11:45 am.

Thursday, February 23, 2017. Bus trip to Federated Garden Club of CT Flower Show, "Woodland Enchantment."
Flower Show is at the Connecticut Convention Center, 100 Columbus Boulevard, Hartford.

Monday, March 7, 2017. The Garden Club of Woodbridge hosts the Spring Glen Garden Club. "Terrarium Design Demonstration." Presenter: Tovah Martin, horticulturist, author, freelance writer, photo stylist, producer, lecturer. Among her many publications is The New Terrarium, numerous journals including: County Gardens, Traditional Home, Martha Stewart Living, House Beautiful, Cottage Journal, At Home Magazine, Connecticut Cottages and Gardens, Flower Magazine, Horticulture, Coastal Living, Coastal Home, Old House Interiors, Early Homes,

Westchester Home and Garden, This Old House Magazine and The Litchfield County Times.
Place: First Church of Christ, 5 Meetinghouse Lane, Woodbridge. Time: 11:45 am.

Tuesday, April 4, 2017. The Garden Club of Woodbridge hosts The Bethany Garden Club. "The Art of Flowers" Ichiyo Ikebana Floral Arrangement Demonstration. Presenter: Patricia McNelis. A native of NYC, Pat McNelis lived in Japan for 10 years where she studied, trained and became a Master Instructor in Ichiyo Ikebana. Her teaching and design work bridge the artistic floral conceptions and sensibilities of East and West. Pat's demonstrations will bring new skills and perceptions to your floral design.
Place: Woodbridge Town Library, 10 Newton Road, Woodbridge. Time: 7 pm.

Tuesday, May 2, 2017. "Kitchen Gardens and Recipes." Presenter: Marium Rubin. Chef, Author and Gardener. First woman to work in famed Four Seasons Restaurant kitchen, graduate of CIA, author of Grains and Tomatoes. Food and Garden columnist for Pittsburgh Gazette.
Place: First Church of Christ, 5 Meetinghouse Lane, Woodbridge. Time: 11:45 am.



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First Selectman Continues Tours of Local Businesses



Hollander Spine Ribbon Cutting

First Selectman Ellen Scalettar recently attended the grand opening of Hollander Spine, Sport and Diagnostics, the grand re-opening of The Red Barn and toured Palette Art Studio as part of the “Shop Woodbridge, Dine Woodbridge, Try Woodbridge” campaign.

Engaged couple Brian Hollander and Jessica Pappas opened Hollander Spine, Sport and Diagnostics at 21 Hazel Terrace. The business is an all-inclusive medical facility and offers blood work, drug testing, paternity testing, physicals, chiropractic care, fitness classes, massage therapy and yoga. “Brian and I have



Ellen Eisenberg and First Selectwoman Ellen Scalettar

always wanted to open a facility in Woodbridge,” said Pappas. “I’ve had such a positive response from the Town. This is a very welcoming place to do business.” “I congratulate Jessica and Brian on this new venture and welcome them to Town,” said First Selectman Ellen Scalettar. “Woodbridge is now home to a wide variety of high quality health-related businesses and Hollander Spine, Sport and Diagnostics is a welcome addition.”

After nine years in an antique barn, The Red Barn of Woodbridge now lives in a yellow building, but the name will stay the same **continued on page 8**



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LOCAL BUSINESSES... continued from page 7

says owner Ellen Eisenberg. Scalettar attended The Red Barn's grand re-opening after the store moved to 245 Amity Road this fall. Patrons can expect to find the same quality and diversity of items including women's clothing, shoes, and accessories, as well as body products, books, toys, "guy gadgets" and greeting cards.

Scalettar congratulated Eisenberg on the move to a more central location. "The Red Barn has become an iconic store in Woodbridge. I'm so glad that Ellen was able to keep the store in Town and continue to provide the selection and service that her customers so appreciate."



Palette Art Studio Natasha and Vasilisa and First Selectwoman Ellen Scalettar

Vibrant and colorful paintings grace the walls of the light-filled Palette Art Studio. Most of the paintings are made by students who learned and honed their skills at the art studio, which opened at 245 Amity Road last spring. "What a delightful and inspiring addition to our commercial area," Scalettar said after her visit to the business.

The business is a family affair: It was opened by Natasha Piskunova, who emigrated from Russia with her husband Vitaliy Romanenko. Their daughter, Vasilisa Romanenko, is now also an instructor. All three have formal art training and teach at the studio. The studio offers 10-session classes for adults and children, including oil painting, watercolor, structural drawing and botanical drawing.

If you know of a new or expanding business in Town, or if you would like the First Selectman to tour your business, please contact Assistant Administrative Officer Betsy Yagla at byagla@woodbridgect.org or 203-389-3403.

Veteran's Service Contact Person

Director of Human Services, Mary Ellen LaRocca, is the Veteran's Service Contact Person for the Town of Woodbridge. Her role is to provide information, referral and advocacy for the aid and benefit of veterans, their spouses and eligible dependents and family members. For information on veteran's services, she can be contacted at 203-389-3429.

Woodbridge Energy Assistance Program

Mary Ellen LaRocca, Director of Woodbridge Human Services Department, announced appointments are being scheduled for Woodbridge residents for the 2016-2017 Connecticut Energy Assistance Program administered by TEAM, INC. Income eligibility requirements must be met.

Verification of income and assets must be submitted with the application. This includes copies of the last bank statement(s) or checks(s) for: a) pay stubs (last 4), or income verification from the individual's employer, b) Social Security benefits notice, c) Supplemental Security Income, d) pension, e) unemployment, f) alimony/child support, g) interest and dividend income h) and utility bill. In addition, the names, dates of birth, and social security numbers of all family members residing with the applicant are required.


For more information regarding the Energy Assistance Program, or to schedule an appointment, please call Woodbridge Human Services Mary Ellen LaRocca or Judi Young at 203 389-3429.

Woodbridge Announces Traffic Safety Initiative

Woodbridge First Selectman Ellen Scalettar and Police Chief Frank Cappiello are announcing a new Town-wide traffic awareness initiative aimed at reminding the public about the risks of unsafe driving.

Both Scalettar and Cappiello have received numerous phone calls and emails about speeding and other traffic enforcement issues from concerned residents. "Although we are a small town, there are more than 80 miles of roadway in Woodbridge," said Scalettar. "Obviously, our officers cannot be everywhere at all times, but they will do targeted enforcement in certain areas to cut down on safety hazards caused by

continued on page 10



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TRAFFIC SAFETY... continued from page 9



First Selectwoman Ellen Scalettar and Police Chief Frank Cappiello

speeding, texting and other unsafe driving practices.” “Safety is our number one priority,” said Chief Cappiello. “I am proud to work closely with the First Selectman on this initiative to help keep our roads safe for drivers, cyclists and pedestrians.”

He explained that in the coming weeks, officers will be assigned to a rotating list of certain streets where they will be stopping motorists for speeding,

texting, not wearing a seat belt or other infractions.

Additionally, the Police Department plans to study the effects of the speed bumps that were installed on Landin Street this summer. Shortly after the Landin Street speed bumps were installed, the Town received several requests for additional speed bumps. The result of the study will inform future use of speed bumps throughout Town.

Town Buildings Earn Energy Star Certification

Woodbridge Town Hall, Beecher Road School and Amity Regional High School all received an Energy Star certification this year at a ceremony organized by United Illuminating at the Energize Connecticut Center in North Haven.

Qualifying municipalities were presented with plaques by Department of Energy and Environmental Protection (DEEP) Commissioner Robert Klee, Environmental

Protection Agency (EPA) Environmental Scientist Linda Darveau and UIL Holdings Corporation President and Chief Executive Officer Anthony Marone.

The federal Environmental Protection Agency (EPA) certifies appliances and buildings as “Energy Star” if they are energy efficient. Only certain categories of buildings, such as office buildings, Town Halls and schools, are eligible to earn

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First Selectwoman Ellen Scalett
with Energy Star Plaque

this qualification. The Energy Star certification means that a building is more energy efficient than 75% of similar buildings in the same category. “I am so pleased that the Town has been recognized for all of our hard work to be good environmental stewards and lead by example,”

said First Selectman Ellen Scalett. “Both Boards of Education and school staffs should be commended for working hard to lower their schools’ energy footprints. I’d also like to thank the Town’s Energy Task Force for educating residents about how to save energy at home.”

The Town of Woodbridge is monitoring the energy usage at eight municipal buildings and two schools – Beecher Road School and Amity Regional High School – through an online tool created by the EPA to measure and track energy consumption, as well as greenhouse emissions. Recently, the Town earned approximately \$500,000 in incentives to complete lighting, and window upgrades, as well as improvements to the chiller and boiler systems at Beecher Road School. Furthermore,

Amity Regional High School has completed lighting upgrades and is getting the benefit of the microgrid-related fuel cell which will provide heat to the building.

Taken altogether, Woodbridge’s efforts have resulted in an approximate annual reduction of 7,826 MMBtu which is equal to the amount of energy consumed by roughly 78 homes. Additionally, the Town reduced its greenhouse gas emissions by 1,016 metric tons of carbon dioxide equivalent (MTCDE) which produces the same results as if about 213 cars were removed from the road for one year. Overall, Woodbridge has achieved an annual estimated energy cost savings of nearly \$440,000.

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Thera Stack woodbridgecomgarden@gmail.com
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info@woodbridgehistory.org
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ELDERLY SERVICES, SENIOR CENTER
Mary Ellen LaRocca 203-389-3429
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Children's Library..... 203-389-3439
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- ORT AMERICA - WOMEN'S AMERICAN ORT
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- WOODBRIDGE PARK ASSOCIATION INC.
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- QUINNIPIACK VALLEY HEALTH DISTRICT 203- 248-4528
- RECREATION DEPARTMENT – WOODBRIDGE
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- ROTARY CLUB WOODBRIDGE
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- SENIOR CENTER - WOODBRIDGE
Lee Canning, Director 203-389-3430
- SOCCER LEAGUE - WOODBRIDGE
..... www.woodbridgesoccer.org
- YOUTH SERVICES
Nancy Pfund, Director 203-389-3429
- SCHOOLS
AMITY REGIONAL SCHOOL DISTRICT #5
Dr. Charles "Chip" Dumais, Superintendent..... 203-397-4811
- EZRA ACADEMY
Risa Vine 203-389-5500
- WOODBRIDGE SCHOOL DISTRICT
Dr. Gaeton "Guy" Stella, Superintendent..... 203-387-6631

Three Promoted at Woodbridge Police Department



Pictured left to right: Police Chief Frank Cappiello, First Selectwoman Ellen Scalettar, Sgt Richard Rizzuti and Rob Berke



Sergeant Blume is promoted and sworn in.

Three Woodbridge Police Officers were promoted to the rank of sergeant at the July Police Commission meeting. Michael Blume, Robert J. (RJ) Scott and Richard Rizzuti were promoted to sergeant after the three passed a written exam and oral exam facilitated by the South Central Criminal Justice Administration of Connecticut.

Also that evening, Commission members swore in the newest

officer, Michael Luzzi, who transferred from the Orange Police Department. "I'd like to welcome Officer Luzzi and congratulate Sergeants Blume, Scott and Rizutti on their promotion," said First Selectman Ellen Scalettar who attended the brief ceremony. "Having high quality police officers has never been more important and we have are fortunate, indeed, to have members of our Department of this high caliber. On behalf of all Town residents, I thank them for their service."



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Pictured left to right: Nancy Pfund, Youth Services Director, Mary Ellen LaRocca, Human Services Director and Maria Ammar from Hope Lives, Inc

Hope Lives, Inc. donates food to Woodbridge Food Closet

Maria Ammar, Coordinator of Hope Lives, Inc., recently donated a large quantity of food items to the Woodbridge Food Closet for Woodbridge residents in need. Maria directed the Horizon of Hope Breast

Cancer Fundraiser on September 22, 2016 where an abundance of food was donated. Next year, the Horizon of Hope Breast Cancer Fundraiser will be held on Sunday, September 24, 2017.

Major State Grant Received for Animal Control Shelter

The Town of Woodbridge is among 16 grant recipients in the second round of funding for the state's Small Town Economic Assistance Program (STEAP), Governor Dannel P. Malloy announced. Woodbridge will receive \$400,000 to support the planning and construction of the renovation of the interior and exterior of the existing regional animal shelter that jointly serves Woodbridge, Bethany and Seymour. Woodbridge administers the facility and charges a fee to Bethany and Seymour. This project will benefit the three communities and aid in the humane treatment and care of animals in the region.

The building provides temporary shelter to animals from the three towns. Because of its excellent reputation for humane treatment and its very high rate of successful placement in permanent homes, the animal shelter attracts many dedicated volunteer workers and visits from prospective pet owners from throughout the region. "I am so pleased to receive this significant state grant," said First Selectman Ellen Scalettar. "This money will help the Town continue to provide the high quality of care for which our

shelter is known. I'd like to thank the Governor for the grant and our state delegation for supporting us in our application which was so well prepared by our Finance Director, Tony Genovese. I'd also like to thank the group of volunteers who have committed to help the Town raise the additional money necessary to complete the project."

STEAP grants are designed to assist small towns with infrastructure improvement projects. In the past Woodbridge has received STEAP grants to install sidewalks in the business district and re-pave the Beecher Road School parking lots and sidewalks.

"By partnering with our smaller communities, our state can assist towns with infrastructure projects that will help them grow, remain competitive, attract businesses, and bring added value to residents for years to come," Governor Malloy said in a press release. "These STEAP grants allow us to get funding directly to municipalities to complete projects that make Connecticut a better place to work and live."

DOT Presented Plans for Heroes Tunnel Rehabilitation

The Connecticut Department of Transportation presented its initial project plan for the Heroes Tunnel that bisects West Rock on Route 15 at a public meeting in Woodbridge in September. The twin horseshoe-shaped Heroes Tunnel is a scenic connector between New York and Hartford and carries approximately 71,000 vehicles daily.

Structural and draining deficiencies along with general deterioration and other substandard characteristics necessitate either tunnel rehabilitation or replacement. Several alternatives were presented to the Woodbridge, New Haven and Hamden communities including: tunnel rehabilitation, tunnel widening

and construction of a third tunnel. CDM Smith, Inc., a New Haven design consulting firm, has been retained by the DOT to lead the project through preliminary design. The DOT plans to keep the communities involved in all phases of the project.

The presentation of the meeting is available for viewing on the Woodbridge website, www.woodbridge.org.

"Town staff and I have been working closely with our counterparts in New Haven and DOT staff to understand the implications of the tunnel rehabilitation and to mitigate the impact to our residents," said First Selectman

Ellen Scalettar. There are three state DOT plans underway that will affect Woodbridge: a short-term plan for the Exit 59 area, a long-term plan for the Exit 59 area, as well as the Heroes Tunnel. "It is extremely important for all three DOT Project Teams to work together to minimize the impact on the Woodbridge community," noted First Selectman Ellen Scalettar. The short-term plan is scheduled to begin in 2018, according to the DOT.

The state DOT presented its conceptual plans for the long-term Exit 59 project at the October 18, 2016 Board of Selectmen meeting and those documents are also available on the Town's website.

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Do you need carpal tunnel surgery? I did!

by Tom Stenard

The burning pain shooting through my arms to my wrists was keeping me up at night. The numbness in my hands was making it hard to drive. So when my neurologist told me I needed carpal tunnel surgery, I was naturally concerned.

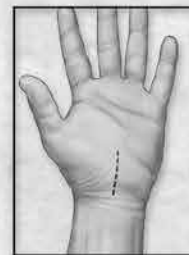
All I could think of was the stories I'd heard from friends who had the painful traditional type of surgery where they cut through the palm of your hand. Some of them had long, visible scars. Others talked about the long healing process and a continued inability to grab things in their hand without pain.

But then my neurologist told me about the *minimally invasive* Endoscopic Carpal Tunnel Release procedure performed by Dr. Jeffrey Arons. That procedure involves just a small 1/2" average size incision in the wrist. There is no need to cut through the layers of skin and muscle in the palm of the hand. Thus, there is less soft tissue damage and pain. Plus, the procedure could be done under sedation at a convenient outpatient facility (rather than a hospital).

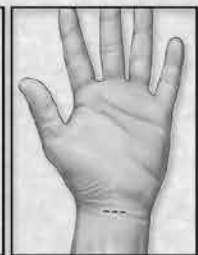
Dr. Arons performed this procedure on both of my wrists. The excruciating carpal tunnel symptoms were instantly relieved and any pain from the procedure was gone the next day. Not only that, the tiny scars on my wrists are now practically invisible and I am once again able to powerfully use my hands for sports, home repairs (hammering) and even to grip and open tightly sealed jars without pain or discomfort. I can even play the guitar again!

*"My patients have been
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Carpal Tunnel Release."*

— Josh Hasbani, M.D. Ph.D.
Neurologist



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Upcoming Events at the Woodbridge Town Library

WINTER WONDER-LAB HOLIDAY SHOW

Thurs. Dec. 29, 2016 at 2 pm grades K-6
Be a mad scientist for a day with snowflakes, super-sonic rocket fuel and indoor fireworks!
Please register for this program online at www.woodbridge.lioninc.org.

FUTURE CLASSICS DISCUSSION

with Mark Schenker of Kate Atkinson's companion novels:

Life After Life and A God in Ruins

Life After Life: March 7, 2017 @ 7 pm
A God in Ruins: May 2, 2017 @ 7 pm
Please register at the Circulation Desk, by phone at 203-389-3433, or online at www.woodbridge.lioninc.org.

THE NOT-SO-GOOD LIFE OF THE COLONIAL GOOD-WIFE WITH VELYA JANCZ-URBAN

March 28, 2017 @ 7 pm
Perhaps women need to be reminded of how far we've come in

order to see how far we still can go. Discover what life was really like for New England's colonial women. The Not-So-Good Life of the Colonial Goodwife not only makes audience members laugh and grimace, but it also honors our foremothers. It's not about quilting bees and spinning wheels - it's an interactive presentation about the little-known issues faced by New England's colonial women. Please register at the Circulation Desk, by phone at 203-389-3433, or online at www.woodbridge.lioninc.org.

BOOK DISCUSSION SETS

Do you have a private book group or are you looking to start one? We have book club sets available at the library that we check out to private book groups. Most sets contain at least six regular print copies, a couple of large print copies, and an audiobook version of a title. Please contact the Adult Services Desk to learn more about the book club sets or reserve one at 203-389-3434.

Breast Cancer Awareness Month



State Senator Gayle Slossberg

October was Breast Cancer Awareness Month, and I took that occasion to visit local students and talk about a law I passed that is going to bring breast health curriculum to all Connecticut schools. As a result of this law, students will be given age and developmentally appropriate instruction on performing self-examinations and identifying the early warning signs of breast cancer.

Connecticut has the second highest rate

of breast cancer in the United States. We need young women to be familiar with self-examination because early identification means early action, and far better outcomes. I introduced this legislation at the request of Mary Ann Wasil. Mary Ann created the Get In Touch Foundation during her own battle with breast cancer, to educate girls about breast health. Sadly, Mary Ann passed away just days before I brought the bill before the state senate, where it received unanimous support.

Each school district can independently determine how to implement this curriculum. However, I want to make sure everyone is aware of the free, evidence-based program offered by the Get In Touch Foundation. The organization's central program is the Get In Touch Girls' Program & Daisy Wheel breast health initiative, educating girls in grades 5-12 on the importance

of, and how to do a breast self-exam for life. Numerous schools in Connecticut and around the US have adopted the program and had positive responses from students and school nurses alike. Given the ever increasing rates of breast cancer in the US and the particular growth of this rate among younger and younger women, the need for an educational program to help girls understand and "get in touch" with their breasts for early detection is growing in importance.

Educators and parents interested in learning more about this free, proven method for teaching breast health to young women can find more information at getintouchfoundation.org, or by calling 203-283-5127. Schools around our state have already begun adopting the Get In Touch curriculum or a similar alternative. I believe that extending this education to all Connecticut students is a game-changer, which will save lives and build a healthier future.

Gayle Slossberg
State Senator,
14th District

Bethany-Woodbridge Baseball Registration



BETH – WOOD BASEBALL (1972 – 2017)

Beth – Wood Baseball League is once again offering online registration for our upcoming 2017 Spring Season, in which we proudly will be celebrating our 45th

Anniversary. Our program includes Tee Ball through Majors (Baseball ages 4 – 12 as of April 30th). If you legally reside in the Towns of Bethany, Woodbridge, New Haven, Beacon Falls, Orange and/or Hamden (or if your children attend classes in each of these communities), your children are eligible to register to participate in our league.

The 2017 registration period begins on Monday, January 9th and ends on Sunday, February 5th (we will continue to take/accept online registrations after the February 5th deadline up to April 1st if there are openings still available but there will be an automatic late fee).

To register, visit our web site www.bethwoodbaseball.com.

BethWood Softball Little League will be taking registrations as well for girls between the ages of 6 – 12. You may visit

their web site at www.bethwoodsoftball.org for additional information and details. Girls may register and participate in the Beth – Wood Baseball Program if they so desire.

There will be discounts when registering multiple children in the same family in addition to a maximum amount charged per family of \$375. Also note that Beth – Wood Baseball offers scholarships to those who financially can not afford to register their children (no children will be left behind and will get an opportunity to play this great game of baseball).

For a complete listing of all registration fees or for any additional information, please visit our web site at www.bethwoodbaseball.com or feel free to send an email to Beth – Wood President Dwight C. Rowland at bethwoodbaseball@gmail.com.

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Woodbridge Youth Services



Woodbridge Youth Services hosted the Halloween Bash for 7th and 8th Graders from Woodbridge and Bethany complete with a Mummy Wrap, Costume Contests, and Donut Eating Contests. Youth Services and the Town of Bethany sponsor the Bethwood Bash programs.

WOODBIDGE JOB BANK

Woodbridge Job Bank teens will work for Woodbridge residents who want to hire someone to assist with odd jobs like leaf raking, snow shoveling, yard work, babysitting, party help, cleaning,

tutoring, and more. Please contact us at 203-389-3429 for more information.

WOODBIDGE TEENS WHO WANT WORK

Woodbridge teens who wish to join the Job Bank should contact Nancy Pfund at 203-389-3429 for more information.

TOYS 4 KIDS CAMPAIGN

Woodbridge Youth Services will process applications for Toys 4 Kids until December 15th. Any Woodbridge families in need who wish to apply for toys for children age 12 and under may contact Youth Services at 203-389-3429 or contact TEAM, Inc. directly at 203-736-5420. Eligibility requirements must be met.

TOYS NEEDED

TEAM, Inc. will be collecting new, unwrapped toys for families in need residing in Ansonia, Beacon Falls, Bethany, Derby, Orange, Oxford, Seymour, Shelton, and Woodbridge. A collection box will be located at the Woodbridge Town Library until December 15th.

The 35th annual Woodbridge Road Race



Road Race First Place finisher Asher Brandt

The 35th annual Woodbridge Road Race was held on Saturday, October 1st. First Woodbridge male, and overall winner was Asher Brandt at a time of 15:21. Janet Criscuolo was the first place female winner at 18:55. The children's 1 mile fun run was held earlier that morning. Genvieve Criscuolo finished first for the girls with a time of 6:55. Logan Matthew finished first for the boys at 7:01.

The Woodbridge Road Race is an annual

event that raises funds for the Woodbridge Food & Fuel fund, and recreational programming. Many thanks to all our sponsors, especially our Main Sponsors, Amity Physical Therapy, and Coldwell Banker, and volunteers from the Woodbridge Volunteer Fire Department, Recreation Staff and Commission, and Human Services staff to help make this event possible for the community to enjoy.

Quinnipiack Valley Health District (QVHD)



QVHD is the public health department for the towns of Bethany, Hamden, North Haven and Woodbridge. Visit www.qvhd.org for information.

THE COMMUNITY HEALTH ASSESSMENT SURVEY IS COMPLETE!

The QVHD Community Health Coalition has completed a survey of district residents. The information from the surveys is currently being reviewed and analyzed. This survey is one part of the overall community health assessment. Updates on the process as well as significant findings will be posted on the QVHD website under the "Healthy Living" section. Community members are still

welcome to join the coalition. Contact Debbie Culligan, dculligan@qvhd.org, or phone, 203 248-4528 for information.

JOIN THE QVHD MEDICAL RESERVE CORPS!

No medical background required. When an emergency occurs, the response needs to be rapid and will require volunteers who can respond quickly to the call for help. You don't need to have a particular skill; just a willingness to help out. If you would like to be involved and play a critical role in your community's response to an emergency, please visit www.qvhd.org, Emergency preparedness section, and complete a volunteer application or call QVHD, 203 248-4528. Volunteers receive access to many free trainings.

PERTUSSIS (WHOOPING COUGH) VACCINATIONS OFFERED

Infants are not fully protected against pertussis until they are one year old. QVHD offers the pertussis vaccine (in the form of Tdap-tetanus, diphtheria and pertussis) to contacts of infants less than one year old. This includes parents, grandparents,

aunts, uncles, babysitters and other caregivers who are over age 18 and have not had a Tdap booster. A \$10.00 administration fee is requested. No one will be turned away for lack of ability to pay this fee. Call or visit the QVHD website for clinic dates and times.

Eventful few months for Woodbridge and the Region

It's been an eventful few months in Woodbridge and the region.



First I want to thank Mary Ellen LaRocca, head of the Woodbridge Human Services Department, for her help in making the 31st Annual Senior Fair

a resounding success. Hundreds of senior citizens from Woodbridge and the region turned out October 20 at Warsaw Park in Ansonia for flu shots, a box lunch, free dental and blood pressure screenings, healthy food tips, senior bingo, giveaways, advice on avoiding scams and staying safe, veterans' benefits, and advice from 40 different agencies and organizations. Mary Ellen not only promoted the senior fair, but Jeanette Glicksman and the Woodbridge Senior Center also provided

free transportation to and from the event. Thank You Mary Ellen and Jeanette!

As you know by now, the state legislature has overwhelmingly voted to retain and grow approximately 8,000 jobs at Sikorsky Aircraft until 2032, keep Sikorsky's headquarters here in Connecticut, and substantially increase Sikorsky's spending with its network of 302 in-state suppliers - nine of which are in the Woodbridge area. The agreement with Sikorsky will put \$69 billion into Connecticut's economy, generate \$384 million a year in annual tax revenue, generate \$21 billion in employee wages and benefits, and directly and indirectly support over 24,000 jobs.

Sikorsky's front door is literally 10 miles from my home, and I know a lot of people in the area who either work at Sikorsky or who work at one of its subcontractors. This

agreement is a great deal for Connecticut; we're getting back nearly a billion dollars in economic impact for a modest state investment of grants and sales tax exemptions. And we're doing this while beating competing offers from South Carolina and Florida. This agreement shows Connecticut's economy is on the upswing, and that the legislature is working hard to keep it moving.

Finally, congratulations are in order for the Woodbridge region after it received a \$400,000 state grant to renovate the regional animal shelter which jointly serves Woodbridge, Bethany and Seymour. This project will benefit three communities and will help to provide humane treatment for animals in the region.

Joseph Crisco, Jr.
State Senator, 17th District

Amity-Woodbridge Historical Society Open House



The Amity and Woodbridge Historical Society will host a Holiday Open House on Sunday December 4 from 2 to 4 pm at the historic Thomas Darling House, 1907 Litchfield Turnpike in Woodbridge.

Come and see the Darling House decorated for the season. A great way to herald in the holidays, there will be live music, singing by the Amity Chamber Singers, great refreshments and something coming out of our hearth. This event is free and open to the public with plenty of parking. Please join us. For more information please visit our website at www.woodbridgehistory.org.

Interested in volunteering? The Historical Society will be decorating the house on Saturday December 3rd starting at 9 am. If you are interested in helping us, please email info@woodbridgehistory.org. We would love to have the help!

Woodbridge Senior Center



Woodbridge resident Harry Tuttle tips his hat during the Coachman's Square fashion show. Members of the Woodbridge Senior Center were invited to participate in the show at the local assisted living facility.

The Woodbridge Senior Center offers community building programming on health, wellness, nutrition and education. It also provides transportation and meals for residents 60+ as well as disabled residents.

Diabetes 101 will be offered on Monday, December 5th from 6-7 pm in the Senior Center (4 Meetinghouse Lane). Mary Swansiger,

BSN, MPH, Certified Diabetes Educator, from Griffin Hospital's Community Outreach and Parish Nursing Department, will talk about the different types of diabetes, the symptoms, risk factors, treatment options, as well as prevention.

Please join us on December 13th from 12:45-1:45 pm for the VNA program "Managing Your Medications." Come for lunch prior to the program at 12:15 pm for a \$3.00 charge.

Join us for lunch on Tuesday December 20th for entertainment with Pierce Campbell and on December 27th for our New Year's Party with John Paolillo.

The Senior Center offers crafting every Thursday, Duplicate Bridge on Monday mornings, Contact Bridge on Wednesdays, Pinochle on Mondays, Wednesdays and Thursdays, Mah-jong on Mondays and Fridays, drop-in exercise class Tuesdays and Thursdays and movies each Friday. Join us in January as we launch our new Pickleball league. Learn more about the upcoming programs by contacting the Senior Center at 203-389-3430 or by email at jglicksman@woodbridgect.org.

Anna Mahon Receives First Year Principal Award



The Connecticut Association of Schools, the professional organization for Connecticut Principals, annually recognizes first year principals at the

elementary, middle, and high school levels with the William Cieslukowski First Year Principal Award. Recipients of the award must demonstrate exceptional organizational leadership skills, instructional leadership acumen, the ability to overcome adversity, and a strong willingness to take risks that advance student learning and strengthen a supportive school culture.

Amity is very proud to announce that Ms. Anna Mahon, Principal of Amity Regional High School (ARHS), has been selected as the 2016-2017 William

Cieslukowski High School First Year Principal!

Ms. Mahon started at ARHS in 2000 as an English teacher and quickly established herself as one who was highly committed to students and to Amity. On her way to becoming Principal, Anna served as English Department Chairman and Associate Principal. In all of the roles in which she has served, Ms. Mahon has been "passionate about the school, committed to the community, and dedicated to the success of the students," said the group of administrators who supported her nomination. "She is a trusted colleague and friend, a champion of students, and a beacon of positivity and hope."

When asked for her reaction to being the recipient of the award, Ms. Mahon stated: "I am humbled and honored

to be recognized by the Connecticut Association of Schools as the First Year Principal of the Year. Throughout my tenure at Amity Regional High School, I have been blessed to work with amazing students, inspirational educators and extremely supportive parents. It is due to the wonderful community of Amity Regional High School and Amity Regional School District No. 5 that I have been able to grow as a leader and an educator. I am grateful for the support that I have received and will continue to work tirelessly to make Amity the greatest school and district it can possibly be."

As was noted in a letter of support for Ms. Mahon, "Anna always puts forth, from her core, an attitude of positive possibilities that energizes and invigorates those who work with her."

Doreen Merrill Woodbridge Teacher of the Year



Congratulations to Doreen Merrill who is the 2016-17 Woodbridge Teacher of the Year. Ms. Merrill is a member of the Beecher Road School special

education team and works with second and third grade children. Nominated by peers for handling the intense demands of her job with unflagging energy and

humor, she is also patient, fair, sensitive and supportive.

Doreen came to Woodbridge in 2001 as a Special Education teacher. She is a highly skilled professional, dedicated to her profession and an invaluable member of the BRS staff. Her love of children, enthusiasm and natural ability inspire confidence and pride in all her students. She is fair, respectful, kind, loving, positive and the ultimate advocate for each of her students.

As a teacher leader she mentors beginning and veteran teachers alike through her modeling, hands-on coaching, advice and eagerness to help anyone in need. Her influence, through her leadership on many district and school committees goes far beyond the classroom.

A skilled professional with heart, we are proud to name Doreen Merrill Woodbridge Teacher of the Year.

A Culmination of 100 Years of Farming

Massaro Community Farm has had a fabulous 2016, celebrating the 100th anniversary since the Massaro Family arrived in Woodbridge to begin farming. Beginning with the unveiling of a town map showing how many farms there are today compared to 100 years ago, we held more than 20 events that celebrate the history of farming, the importance of growing food in our community, and what the future holds for the health of individuals and our planet. All of Massaro's activities and

events are held with the purpose of fulfilling our mission to Keep Farming, Feed People and Build Community, including the continued donation of 10% of our harvest to local hunger relief agencies.

In 2016, we reclaimed additional acreage in our northern-most fields, and hosted several thousand farm visitors at workshops, **continued on page 22**

events online

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eventsmagazines.com

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International Festival of Arts & Ideas brought several groups out to Massaro Community Farm to tour the farm with Farm Manager Steve Munno and learn how climate change is impacting small farms like Massaro.

festivals and educational field trips. As of the conclusion of our growing season, we will have donated ~7,000 pounds of organic produce to those in our region who otherwise couldn't afford it through our partnerships with Woodbridge Human Services Commission, CT Food Bank and the Salvation Army in Ansonia.

We hope you'll join us on February 26, 2017 at 5:00 pm, when Massaro will mark the conclusion of our Centennial Celebration with a one-of-a-kind concert by the Paul Winter Consort at the Assumption Church, 61 North Cliff Street, Ansonia. Paul will lend his environmental advocacy support to this benefit concert, helping us raise funds to maintain our food donation program, install a welcome center and program pavilion, and ensure the future of the farm.

If you can't attend the concert, please consider helping us achieve our goal to secure 100 sustaining members by visiting our website and making your pledge today! For more information about the concert, our 2017 growing season, or to become a sustaining member, visit www.MassaroFarm.org.

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413 MARDI GRAS* NIGHT
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House Republican Leader Themis Klarides Cited for work on Behalf of Mothers Against Drunk Driving



House Republican Leader
Themis Klarides

House Republican Leader Themis Klarides of the 114th District has been cited as one of the Legislators of the Year for her work in supporting Mothers Against Drunk Driving (MADD). Klarides, of the 114th House District which includes Derby, Orange and Woodbridge, was one of 14 state lawmakers named by MADD.

Klarides was also Honorary Chair of the MADD Walk back on Oct. 22 in Fairfield. The walk is conducted annually to raise awareness and support for its core mission to eliminate drunk driving.

In 2016 Connecticut was singled out by MADD for passing

a child endangerment law which adds penalties for driving impaired with a child passenger.

“I am honored to be named by MADD as one of its Legislators of the Year and to serve as Honorary Chair for the annual walk. I have made MADD’s agenda and its goals a priority since first elected to the legislature. Eliminating drunk driving should be on everyone’s agenda,” Klarides said. MADD National President Colleen Sheehey-Church said in a statement, “MADD is proud to work with these leaders in the battle against the leading killer on our nation’s roadways.” She added that the work to push smart law, “will help create a nation of No More Victims.”

Klarides is the first woman to serve as House Republican caucus Leader after previously serving as Deputy Leader. Klarides ran unopposed for re-election this year and begins her 10th term in office when the legislative session convenes in January.

Levey Miller Maretz

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Volunteer Fire Department Happenings



During October, Fire Prevention Month, the WVFD visited more than 700 children to share a message of fire safety. The WVFD also hosted their 5th Annual Halloween Truck or Treat. This extremely popular free event was

sponsored by more than 50 local businesses and individuals and provided a safe and fun family event for our community. The Spook-tacular Fireworks Show, sponsored by an anonymous donor, was breathtaking again this year; topping off a very memorable evening.

Fire Prevention Education and Truck or Treat are only some of the many community events the volunteer firefighters organize for residents. In December, the WVFD will host Santa and Mrs. Claus at the firehouse. Mr. and Mrs. Claus will be here to visit with children from 12:00 pm-3:00 pm on Saturday, December 17th. Letters to Santa can be sent to santa@woodbridgefire.com. In addition, the WVFD brings Santa and Mrs. Claus to visit residents at the Southbury Training School and to deliver gifts to needy families in the community.

The WVFD is a vibrant organization of men and women dedicated to serving our community as First Responders to fire suppression, rescue, medical emergency (EMT level), and hazmat incidents 24 hours a day, 365 days a year. We are currently welcoming new members -- if you are 18 years of age or older and interested in finding out more about serving your community as a volunteer firefighter download our recruitment brochure from our website, call (203) 389-3441, or stop by the firehouse on a Tuesday night at 7:00 pm. Training, turnout gear, and equipment are provided. We also have a Juniors program for youths ages 15-17.

To stay up to date on WVFD activities and events check out woodbridgefire.com and look for WoodbridgeFire on Facebook, Twitter, YouTube, and Instagram.



events magazines

An illustration of a town street scene. From left to right, there is a grey building with a dark roof, a red brick building with a large storefront, a white building with a red door, a red brick building with a clock tower, and a yellow building. Small trees and bushes are scattered throughout the scene.

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