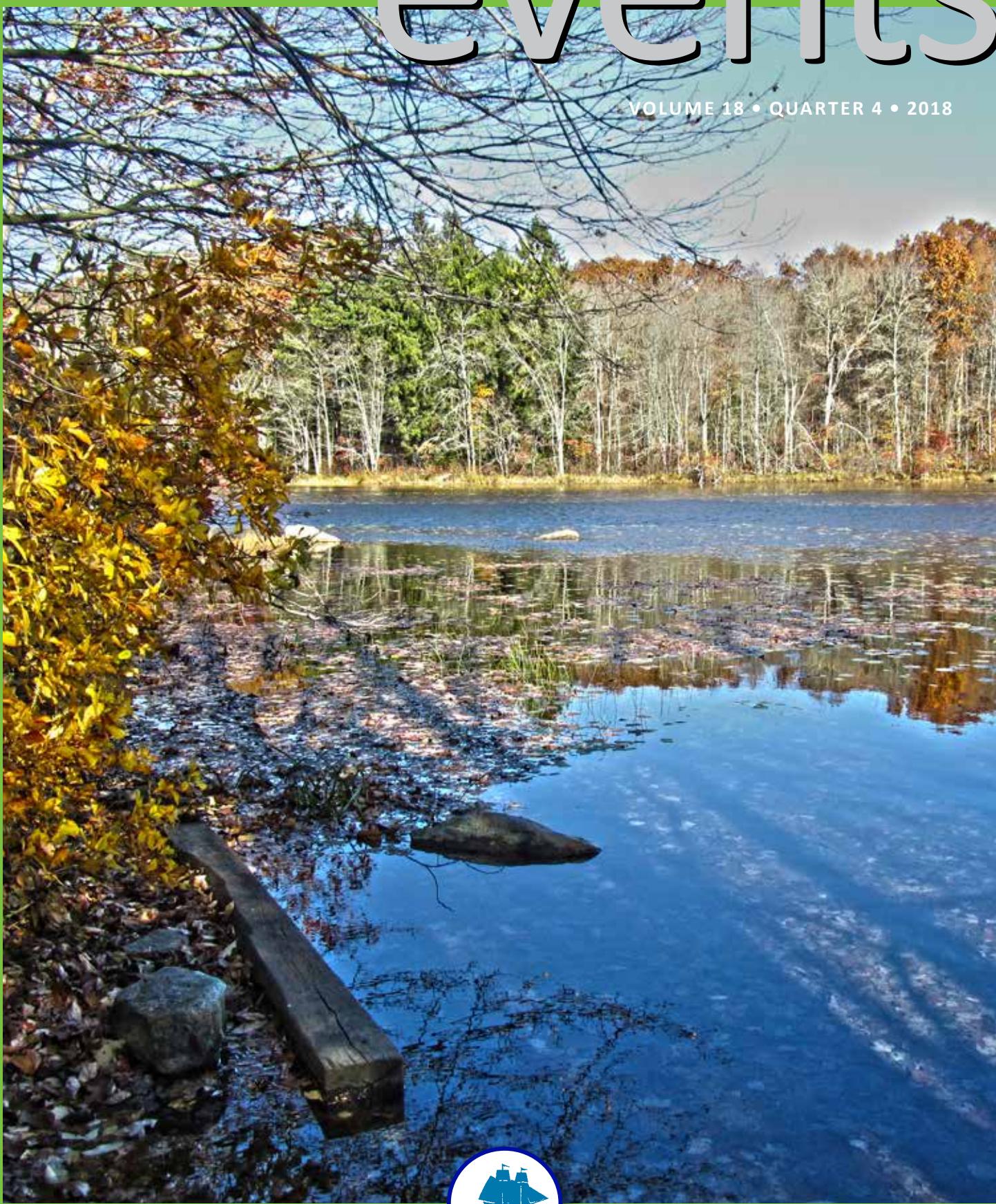


Westbrook events

VOLUME 18 • QUARTER 4 • 2018



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Selectman's Corner

Participation Counts

Election Day, November 6th, was a momentous occasion for Westbrook and many other communities throughout the country. We had a phenomenal voter turnout with approximately 3500 individuals voting in this election. These statistics exceeded all expectations and are an indication that our residents, like so many throughout America, understand the importance of voting. This reaffirms that our commitment to participate as citizens, is one of the greatest freedoms we enjoy as a democracy. Active participation at the community level enables all of us, not only to engage in the democratic process, but also to reinforce the importance of volunteerism in the affairs of our local government.

An example of Westbrook's volunteer commitment occurred on Thursday, September 13, 2018. We hosted a Leadership Meeting and I am very pleased to report that representatives from all of our Boards, Commissions and Committees; staff, and regional and state leaders were present. With the involvement of approximately 70 individuals, we charted a vision for Westbrook's future. Priorities were identified with the necessary timelines and funding requirements. All individuals assembled were not concerned with party affiliation or political posturing to achieve our objectives.

We all understand that if we are to maintain our vibrant community, we must be engaged and take the time to seriously

discuss our major goals and objectives for the next 2 to 5 years. This is the third Leadership Meeting I have convened in my tenure as First Selectman and it is very gratifying to know that the specific objectives we identified in previous years have been accomplished.



Noel Bishop

I believe that we have the responsibility and can create our own future, and Leadership Meetings of this nature reinforce our commitment and participation in the day-by-day activities that continue to sustain the lives and livelihood of Westbrook residents.

I wish to assure you that all of the specific initiatives for our future have been well documented and there will be regular reports to the Board of Selectmen who has the responsibility to ensure that our plans for the future will be addressed on an on-going basis. We need to be held accountable for the results of this meeting on 9/13/18.

It is an honor to be your First Selectman and I look forward to continuing to serve when I observe this level of community participation in your local government.

Noel Bishop, First Selectman

An advertisement for Saybrook Home. It features a photograph of a man and a woman sitting on a dark blue sofa, smiling and looking at a book or magazine together. They are holding white mugs. In the background, there is a large clock on the wall. The text in the ad reads: "As your home & family evolve, so does ours." Below the photo, it says "Saybrook Country Barn is now" followed by the "SH" logo and the words "SAYBROOK HOME EST. 1977". At the bottom, it provides the address: "SAYBROOK HOME | 2 MAIN STREET, OLD SAYBROOK, CT 06475 | 860-388-0891 | SAYBROOKHOME.COM".

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so does ours.

Saybrook Country Barn
is now

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SAYBROOK
HOME
EST. 1977

SAYBROOK HOME | 2 MAIN STREET, OLD SAYBROOK, CT 06475 | 860-388-0891 | SAYBROOKHOME.COM

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A Message from the Town Clerk's Office

This past State Election of November 6, 2018, Westbrook voters turned out in record numbers. This was very exciting for those of us involved in the election process.

From the very beginning of the calendar year, this office along with the Registrars of Voters receive a state election calendar with our duties, deadlines and responsibilities dictated by state statute and the office of the Secretary of the State (SOTS). We work together.

In January, there are major party endorsements and certifications that must be filed with us. In March, parties select their delegates to attend their state and district conventions and those must be filed with our office as well as SOTS. Then from May to August there are candidates and party endorsements. Petitions are issued to be on the ballot for the August primaries. Legal notices and absentee ballots are issued ending in the August Primaries.

Come September, there are nominating petitions to be filed; lists of candidates to prepare, final endorsements, questions on the ballot must be finalized and the ordering and printing of the absentee ballots for the November election. This is also

the time we send out blank ballots to electors temporarily living (or expected to be) travelling outside the US and to servicemen and women, their spouses and dependents, whether living within or outside the US.

October and November are all about issuing the Absentee Ballots when they become available to voters who will not be able to come to the polls on Election Day. Applications are issued, and then ballots are issued and held until the day of the election where they are handed to the absentee ballot counters at the polling place.

Throughout this whole year we work together with the major party chairs, out of town residents and our three Registrars of Voters.

There is no room for party politics in the work that we do. We take our commitment to the election process seriously and fairly to everyone because we recognize what a privilege it is to be able to vote.

Thank you for the opportunity to serve our community. I wish you peaceful and joyful holidays ahead.

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Westbrook Visiting Nurses

What's New From the Nurses' Corner.....

As a Westbrook resident, we would like you to be aware of the homecare services that YOUR town offers to you. We service Westbrook and the surrounding towns with the following services:

Skilled Nursing
Physical Therapy
Occupational Therapy
Speech Therapy
Social Services
Home Health Aide

If you require services after a hospitalization, or are being discharged from a nursing facility, please consider using YOUR town Visiting Nurses to provide your care. You have to request Westbrook Visiting Nurses, or they may connect you with another agency.

If you are having health issues, and feel you are in need of any of the above services, contact your primary care doctor and they can send us a referral.

There are many homecare agencies that service Westbrook, so the only way to have our agency come to you is by requesting



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Westbrook Visiting Nurses. Office Hours 8:30 - 4:00.
There is a nurse on call 24/7 860-399-3088 (office).

Warm Regards from your Homecare Team, Carol Mullaney, RN, Administrator; Cherie Bolduc, Administrative Assistant; Diane Recchia, RN, Case Manager; Cathy Angier, RN, Case Manager, Noreen P. Saunders, PT, Therapy Supervisor; Terry Bernstein, RN, Quality Assurance Contract Staff: Lisa Forsman, RN; Judy Bushka, RN; Joan Tedaldi, RN; Sally McCarthy Huysman, PT; Colin Morris, ScPT, Catherine Staunton, Charlene Connolly, OT, Mindi Swanson, OT; Amy Levine, SLP; Mary Megargee, SLP; Ann Dipierdomenico, MSW; Rebecca Kieran, LCSW.

Westbrook Recreation

This fall has been very successful with registrations and attendance in all of our programs. We have programs that will interest everyone from tots to seniors. Our K-4th grade karate has 27 children presently registered. We also have quite a few children enrolled in our After School Program at the Middle School. It's not too late to join either of these groups and enjoy the fun.

Our next fall sports activity will be badminton. Badminton officially starts on November 10th for children kindergarten through sixth grade. Sign up soon for this program because class size and space is limited. Learn how to serve, volley and spike. It's been a very busy fall and it looks like it will continue into the winter.

Our "Letters to Santa" program started November 10th. Mail boxes will be located at the Post Office, Daisy Elementary and the Library. Please be sure that each letter has a return address so we can send a Santa letter back to your child. Santa will personally respond back to each child.

All our adult winter programs officially start right after January 1st. We offer yoga, zumba, essentrics and senior fitness classes continuously throughout the year. Our essentrics class is so popular that, new for 2019, we have added the option of taking class twice per week; Tuesday and Thursday mornings at 9:30 am for a discounted price. Also, new for this winter is an adult exercise class called Functional Fitness which will be offered on Thursday evenings from 6 to 7 pm. Please come and try out any class for free (one time) and you'll be hooked.

Youth Basketball starts on January 5th. The program runs for 7 weeks at different times on Saturday mornings depending on what grade your child is in. Youth floor hockey will begin on March 2nd and will also run for 7 weeks on Saturday mornings. Floor hockey is a fast-moving, safe fun sport for both boys and girls. Try one of our youth sports programs and you'll come back each year for more.

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Tax Collector's Office

The Westbook Tax office would like to remind you of several important issues.

January is just around the corner. You have the whole month of January to pay without penalty. Interest is accrued at 18% a year (1.5% a month) back to the original due date of January 1st. We do not rebill for January.

If you can't make it into the office to pay you can always mail your payment in to 866 Boston Post Road, Westbrook or online at www.westbrookct.us. Credit cards are accepted with a fee of 2.5% for credit cards, \$3.95 for a visa debit card and \$2.00

for e-check. Reminder - If you would like a receipt when paying your tax bill please bring your entire bill with you. If mailing, please provide the entire bill and a self-addressed stamped envelope.

Traffic tickets - Please be advised that you only have 10 days from issuance of a traffic ticket to pay or the fine is doubled. Payment for traffic tickets can only be paid by cash or check and cannot be paid online.

CHECK YOUR CAR REGISTRATION.
Please check your registration to make sure it has not expired. If your vehicle has an outdated registration please go to the

DMV to renew your registration immediately. If you need a DMV clearance immediately the taxes must be paid in cash. If paying by check we will need to wait until the check clears. If paying by credit card we must wait twenty-four hours to make sure the payment is cleared.

If you should have any questions or concerns about your tax bills, please do not hesitate to contact the Tax office at 860-399-3043.

Tax Collector, Kimberly Bratz, CCMC

From the Department of Public Works

Thank you to all Westbrook residents who participated in the Household Hazardous Waste collection program this year. By disposing properly of these items, you have helped to keep the environment safe for future generations! The collection schedule for 2018 has been completed. Look for the 2019 schedule in the spring.

As winter approaches, it is time to think about snow removal duties. You can help us by keeping the roads clear during snow

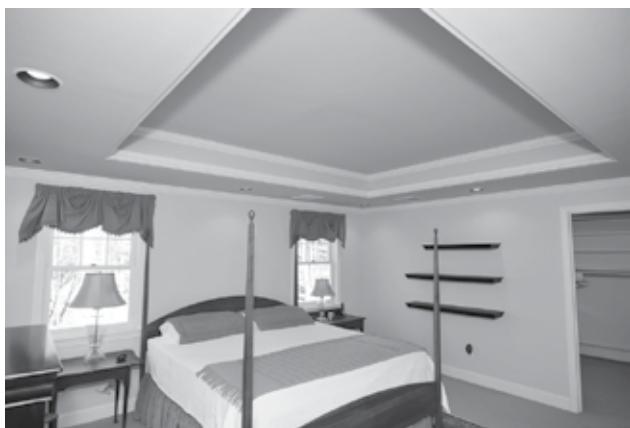
events (i.e., do not park on the road and bring all garbage cans in as soon as possible after collection). Please also be sure to move all basketball hoops at least 10 feet back from the road, so as not to interfere with trucks trying to clear roadways. Finally, please be advised that the Town of Westbrook will not be responsible for mailbox repair/replacement due to snow being thrown from the plow. The Town will only be responsible if the mailbox is actually struck by the plow itself. The full policy is on the Town website <https://ct-westbrook.civicplus.com> – then click on “Public Works” under the Departments tab. Sand will be available to Town residents during the winter season. Please stop in at the Town Garage, 185 Horse Hill Road, with a bucket and shovel to obtain some. The container is located at the entrance to the facility.

The Town of Westbrook continues to make progress on the many activities mandated by the MS4 (Storm Water) permit. Please visit the dedicated Storm Water page on the Town website <https://ct-westbrook.civicplus.com/205/Stormwater-Management> for more information. As always, please feel free to call the office at 860-552-4496 with any concerns you may have, or stop in to see us.

Transfer Station Hours
Monday, Wednesday, Saturday
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Town Garage:
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Support Westbrook Boy Scouts Troop 38

Want an easy way to recycle your Christmas Tree?



When the holidays are over and you are looking to discard your tree, contact the Westbrook Boy Scouts! The Westbrook Boy Scouts will pick up your Christmas tree for a donation of \$10.00 (two tree max.) on Saturday, December 29th, Saturday, January 5th, or Saturday, January 12th between 9 am -12 pm (pickups at other times may be arranged). The proceeds of this fundraiser will help support troop activities throughout the year.

If you are interested in more information or would like to schedule a pickup, please email troop38westbrook@gmail.com or call 860-339-5433. The Scouts need to know the date for the tree pickup and where you live. Your donation may be left in your mailbox (check payable to Westbrook Boy Scouts) or attached to the tree OR can be given to the Scouts picking up your tree. It is that easy!

Westbrook Harbor Management Commission

The Westbrook Harbor Management Commission (WHMC) is looking for candidates to be Westbrook Harbormaster. The Harbormaster is appointed by the governor of CT following the recommendations of the Westbrook Harbor Management Commission.

The Harbormaster is responsible for the safety of the waters in Westbrook, as well as enforcing the regulations in the Westbrook Harbor Management Plan. Candidates should be familiar with Westbrook waters and marine safety, and preferably own their own small boat.

The position would be best filled by a person who has the time and inclination to be on the water during boating season. The state pays a small stipend, and the WHMC will add an additional stipend. Interested candidates should contact the first selectman's office, or the chairman of the WHMC, John Rie.

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Winter Emergency Preparedness

Westbrook Emergency Management would like to remind our residents to remain vigilant during our winter months. Winter preparedness includes:

- Ensure your home disaster kit is ready to meet your needs, including extra dry goods and bottled water in the pantry.
- Replace any items that are unusable or expired.
- Communicate regularly with family members or friends especially when traveling.
- Your vehicle should have its own disaster kit with your cell phone car charger, blanket, bottled water and light snacks along with a flashlight and extra batteries. Add extra items based upon your needs and travel distance. If you become stranded, call 911 immediately.
- Keep your home adequately supplied with oil, propane or wood (heat source) on hand at all times. Regulate temperatures in your home by closing doors and using appropriate window shades. Never use generators, grills or similar devices in garages, inside or near entrances for heating the residence. The carbon monoxide given off by these devices can kill or make your family extreme sick.

- When going outside, dress appropriately and in layers. Use caution when walking on walk paths, sidewalks and driveways for the potential of slippery conditions.
- Use caution when clearing driveways, walk ways and other locations. If you can't complete this task, ensure you have family, friends or hire a contractor to assist you.
- Remain patient for the clearing of snow on town and state roads. Road crews work hard clearing 16 square miles of our roads and town facilities under adverse conditions.
- Pet and livestock owners need to be alert for extreme cold temperatures and conditions.
- Ensure you have registered for our emergency notifications through CT ALERT, reverse mass notification system. We will notify you via your cell phone, text or email via cell phone or other electronic device(s) if we need to declare a state of emergency or other severe conditions affecting the town.
- Wellbeing checks are encouraged to family, friends and those with special needs are especially important this time of year.

Emergency Management continues to monitor conditions throughout the winter months relating to extreme weather conditions. Regular information is posted on our Facebook and Twitter pages and extreme notifications on our website. Visit our website, www.westbrookem.com, for complete winter preparedness tips and registering with CT ALERT.

Donald Izzo, Emergency Management Director

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Counseling Services - WYFS provides support and therapy for individuals, families and couples. Our therapists help strengthen family functioning, and support children and families working through life's challenges, including emotional and behavioral issues, stress, anxiety, grief, depression, trauma, peer issues and life transitions. Call 860-399-9239 for an appointment.

Leadership programs for kids this winter and spring!

Helping Hands: High School students find ways to give back to their community! Meets Second Thursday of the Month 6 pm.

Round Table: After-school for WMS middle school students. Last Wednesday of the month room 104!

Stepping Up: After-School Leadership Group for Daisy students! Applications and Lottery start this April!

Something For Everyone!

ME Time: Group for kids, 8-12, who have a sibling with special needs. An hour of ME Time and connection!

It Takes A Village - Parents with young children, 0-6, meet once a month for fun, connection, and support.

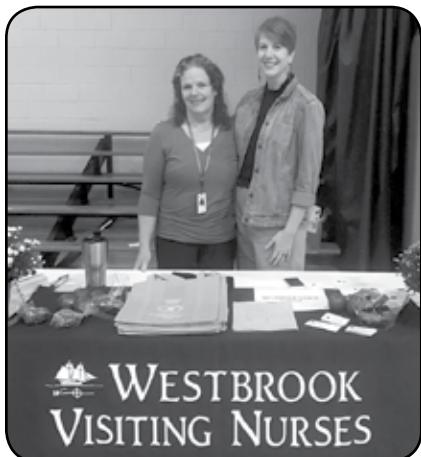
Safe Dates - High School Students learn how to have healthy relationships!

Check out our website & Like Us on Facebook!

Westbrook Senior Center

Calendar of Holiday Events

December 3 - 7th; Holiday Craft Fair
December 12; Gingerbread House Craft Program; 1:00 pm
December 17th-20th; Holiday Bake Sale
December 20; Christmas Luncheon; 12:00 pm
- Reservation Required by December 14.



The Westbrook Senior Center is always working closely with the Town's Health Department and VNA to help improve the lives of our senior citizen population. We recently participated in the Healthy

Living Expo and organized a very successful Fall Prevention Program. Our next collaboration will be the research based balance training called Tai Ji Quan. Tai Ji Quan is a training regimen designed for older adults who are at risk of falling or have poor balance. Starting on January 8th Terry Bernstein RN and Noreen Saunders PT will join our Tuesday/Thursday 11:00 am exercise class as certified Tai Ji Quan Instructors. The class will be a collaboration of strength training and balance training and it's FREE! For any question regarding programs, please call 860-399-3048.

The goal of the Westbrook Senior Center is to improve the quality of life for the senior citizens of Westbrook and our neighboring shoreline towns. The senior center welcomes citizens 60 years of age or older to participate in our many daily activities directed by staff and volunteers. The goal of these programs is to promote the physical and mental well-being of our senior community. To see our scheduled calendar

of events and upcoming special events, please come down to the center Monday-Friday or visit us on the town website www.westbrookct.us.

We look forward to seeing you.
Courtney Burks, Director



Miss Mulvey

"What?!? Is it that time of year already??"

photo by Catie Marino

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Westbrook's Ice Trade

What would we do without our refrigerators with icemakers?

Well, we would have purchased large ice blocks from the icemen who had harvested the ice from a local fresh water pond and delivered it to our house or business, of course.



Gus Gustafson
Holding Ice Block

Westbrook's more well-known ice-men were Charlie McVeagh and "Gus" Gustafson. Reporter Margaret Bushy, in 1981, described the process as guiding a horse-drawn saw over the ice that would cut neat "checkerboard" squares. These would be guided to a horse-operated winch that hauled the ice up a chute at the windowless ice house. People who wanted ice would display a card in their window requesting the number of pounds of ice they wanted. Specific tools were used to shave the ice to the desired weight and then weighed on a scale at the back of the delivery wagon. The iceman

would then grip the large cube with ice tongs and place it in the wooden ice box in the kitchen. Each ice box was equipped with sharp instruments to chip off the ice for use.

While the McVeagh and Gustafson ice houses are now gone, there is a little ice house gem behind the old Neidlinger's store that still exists today. We called it the "Stone House." Why not take a peek



McVeagh Icing

and envision another day?

Then, think about how delicious that ice cream cone or hot fudge sundae was when served up at Neidlinger's ice cream parlor, one of the first in the area. Another way to go back to early Westbrook is to visit your Westbrook Historical Society's museum on Wednesdays, 9:00 am to noon. We also enjoy being open during events on the Green and will be open for the Annual Tree Lighting Ceremony in December.



Neidlinger Stone House

Happy Holidays!

Catherine Neidlinger Doane, President
Westbrook Historical Society, Inc.

News and Notes from the Library

For many years now Shirley and Frank Lusk have organized and installed creative and informative displays in the library lobby. Displays have featured photographs by local photographers, work of local artists, Norman Rockwell's Four Freedoms, world religions, to highlight just a few. For November and December this year they have set up a Puzzle Lottery. There are five puzzles for prizes. Just fill out free tickets for your favorite and place them in the appropriate paper bag. The winners will be drawn on Thursday December 20 at noon. The pictorial theme for the display is a handsome print depicting a village scene by folk artist Will Moses, the great-grandson of Grandma Moses. One of the prize puzzles is The Five O'Clock Flyer,

one of Will's noted paintings. We thank Shirley and Frank for their thoughtful volunteer work on behalf of the library for many years. Thanks are also due to the dedicated hard-working volunteers who take care of areas around the library. Ruth Baker, daughter Kathleen Voytko, and granddaughter Riley Bogart established a Kindness Rocks garden at the end of the front walk. This mindful, quiet expression of inspirational and motivating thoughts has been a popular attraction. Like our plantings, the rock garden will be closed up for the winter but will return with the spring. For the last two years Shirley Kiely has turned the planters in front of the library into mini-flower gardens. A number of people are tending adopted garden plots

around the library. Frank and Shirley Lusk are tending the plantings around the library sign. Kathie Cietanno has been planting, trimming, and weeding the rock gardens and keeping them beautiful. The Crawford family maintains the plantings surrounding the stone bench dedicated to the memory of Tom Crawford. Catherine Neidlinger Doane cares for the plantings around the statue of the reading boy. Julia Nash took on the challenge of the plantings under the Japanese maple in the circle. Carolyn Fish has crafted a beautiful niche at the entrance to the parking lot. Kyle Blye and, just recently, Allen Rae cleared the sumac, brambles, and brush out of the rain garden.

New Zoning Regulations!

After a long process, the Zoning Commission is in the final stages of approving new Zoning Regulations. These new Regulations were the result of a collaborative effort among Glenn Chalder,

Planimetrics, Meg Parulis, the prior Town Planner, Lisa DeMaria, the prior Zoning Enforcement Officer, Marilyn Ozols, the Chairman of the Planning Commission as well as Zoning

Commission Steering Committee: Tony Marino, the Chairman of the Zoning Commission and the entire Zoning Commission, Dwayne Zenelis, and Harry Ruppenicker, Jr. The process also included multiple reviews by the full Commission, two public information sessions, in July and September, a final review session and then an application and public hearing.

The new Regulations are exciting because they have been reorganized and simplified in an effort to make them user-friendly. Uses are set forth by category: residential, commercial and industrial, in simple tables. Definitions are grouped by categories as well: "Non-Conforming Terms" or "Mixed Use Terms" for example. Large uses, such as Waters Edge, are proposed to have their own zones that encourage, but do not require, master plans of development that will allow everyone to look at the "big picture" instead of each part in isolation. Some new uses, like "brewpub", have also been added to address uses which did exist the last time the Regulations were updated.

Together with the new website, the new Regulations mark a new stage in creating an easier and happier experience for Town residents and contractors.

Eric Knapp, the new Zoning Enforcement Officer, and Susan Spang, the new Zoning Technician, are available at your convenience to talk about the Regulations and your plans here in Town. Westbrook is a great place. We are glad we have great new Regulations to keep our Town moving forward.



**Westbrook Dental is happy to announce
Alyssa Kievit DMD has joined John Johnson,
DDS, Daniel Nasser, DMD and Thomas
Brady, DMD at our practice. Together they
are looking forward to serving existing and
new patients of all ages.**

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WESTBROOK Community Listings

IMPORTANT TOWN HALL NUMBERS

Accounts Payable	(860) 399-3008
Animal Control Officer	(860) 790-1075
Assessor	(860) 399-3016
Assessor Clerk	(860) 399-3045
Building Official	(860) 399-2035
Emergency Management	(860) 577-0622
Emergency Management website	www.westbrookem.com
Environmental Health	(860) 399-3018
Finance Director	(860) 399-3004
Finance Director / Assistant	(860) 399-1235
Fire Department / Business calls	(860) 399-9492
Fire Marshal Office / Business calls	(860) 552-4496
Harbor Master	(860) 399-2477
Health Director	(860) 399-9869
Inland Wetland Enforcement	(860) 399-3017
Transfer Station	(860) 399-6356
Land Use - Planning/Zoning/IWWC Admin. Asst	(860) 399-3091
Land Use - Building/Health Dept. Admin. Asst	(860) 399-0339
Probate Court	(860) 510-5028
Recreation	(860) 399-3095
Registrar of Voters	(860) 399-3042
Selectman's Office	(860) 399-3040
Senior Center Director	(860) 399-3048
Social Services	(860) 399-3090
Tax Collector	(860) 399-3043
Town Clerk	(860) 399-3044
Town Garage	(860) 552-4496
Town Planner	(860) 399-3201
Town Web site	www.westbrookct.us
Treasurer	(860) 399-3040
Westbrook Senior Center	(860) 399-2029
Zoning Enforcement	(860) 399-3041

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

POLICE DEPARTMENT

Resident Trooper	(860) 399-7304
State Trooper	(860) 399-2100

LIBRARY

Westbrook Public Library	(860) 399-6422
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USEFUL NUMBERS

9 Town Transit	(860) 510-0429
Community Foundation of Middlesex County	(860) 347-0025
First Congregational Church of Westbrook	(860) 399-9367
Garden Club	westbrookgardenclub@yahoo.com
Historical Society	(860) 399-7473
Westbrook Youth & Family Services	(860) 399-9239
St. Mark's	(860) 399-9207
St. Paul's Episcopal Church	(860) 399-5402

Westbrook Land Conservation Trust

The Land Trust owns 31 land parcels totaling just under 141 acres as well as the conservation rights to an additional 51 acres. Founded in 1968, we celebrate our 50th anniversary this year.

One parcel many people drive by is the Lynn Bridge parcel. This is a 0.45 acre property acquired in 1991. It is bordered on the South by East Pond Meadow Road, on the East by Lynn Bridge Road and on the North by the Falls River. See photo.



In addition to being beautiful, the ecology of this piece of land is interesting and valuable. There is a deep depression (which was originally a gravel borrow pit for the

construction of East Pond Meadow Road) that contains water most of the summer, but is separate from the river. It provides still water for tadpoles to grow into frogs and for other amphibians such as salamanders. When the river is high, it provides capacity for over flow above the bridge.

Neighbors can enjoy the view and show their children the aquatic life. The depression also serves to recharge the aquifer, benefitting the well owners in the area. A steward living nearby keeps an eye out for damage and picks up litter. This little piece of land, like our other parcels, provides a valuable resource for the neighborhood.

The Land Trust always needs new members and board members to be responsible for these properties. If you appreciate the protected open space we preserve and are interested in helping us to maintain it, please consider joining the Land Trust. In addition there are plenty of opportunities for more involvement including participating in clean ups, helping with our

newsletter, stewarding our parcels, and becoming an active board member. As a member, you will receive our newsletter, be invited to our special events including hikes and programs with speakers, and get updates on important environmental issues such as Preserving Plum Island and land use in Westbrook.

If you are interested in joining the Land Trust write or email us at:
Westbrook Land Conservation Trust, PO Box 1124, Westbrook, CT 06498. WestbrookLCT@yahoo.com.

Town Hall Hours

Mon – Wed: 9:00 am – 4:00 pm
Thursday: 9:00 am – 7:00 pm
Friday: 9:00 am – noon

Town Hall Closed

December 24th Closed at NOON
December 25th Christmas Holiday
January 1st New Year's Day
January 21st Martin Luther King Day
February 18th Presidents' Day

Social Services

CRT Winter Heating Assistance Program

This federally funded program is designed to help low to moderate income households with heating costs during the winter months. Homeowners and renters may apply. The financial eligibility is as follows:

60 % OF STATE MEDIAN INCOME GUIDELINES	2018-2019							
Household Size	1	2	3	4	5	6	7	8
Annual Income	35,116	45,920	56,725	67,530	78,335	89,140	107,373	109,399
Monthly Income	2,926	3,826	4,727	5,627	6527	7428	7597	7765

Some additional asset limit guidelines are followed.

Eligible households may receive help for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood.

Households eligible for the winter heating program may also be eligible to receive weatherization assistance. This can help conserve energy and lower heating bills. Some may qualify for the furnace clean tune and test or repair

and replacement programs as well.

Appointments for this winter season began in October for deliverable fuel heated households and November for utility heated households.

Applications will be taken by appointment only. Please contact Social Services at 860-399-3090 to schedule an appointment or for general information.

For Town Updates & Information www.westbrookct.us

Westbrook Foundation Offers Money for Town Students, Organizations

For more than 30 years, the Westbrook Foundation has supported the town's students and nonprofit organizations through scholarships and grants, in keeping with its mission to better the lives of Westbrook residents.

In June 2018, the Foundation awarded \$146,000 in scholarships to members of the Westbrook High School Class of 2018. Applications for the Class of 2019 will become available in March 2019.

Recent grant awards have supported an organization that aids veterans with PTSD, contributed to the Valley Shore YMCA's renovation, and helped the Westbrook

Historical Society tell the story of the town. The Foundation accepts grant applications twice a year, on October 1 and April 1, and welcomes applications from nonprofit organizations that benefit Westbrook residents. The next deadline is April 1, 2019.

For more information about the Foundation and to download applications for scholarships and grants, visit www.westbrookfoundation.org.

About the Westbrook Foundation -
The purpose of the Westbrook Foundation, Inc., is to receive and administer funds and property to help meet the medical

and educational, social, welfare, cultural, recreational, and civic needs of the citizens of the town of Westbrook, Connecticut.

In furthering these aims, the foundation is intended to work directly, as well as indirectly, by aiding and assisting institutions, which are organized and operated to fulfill such needs.

Simply stated, the objective of the Westbrook Foundation, Inc., is to distribute available funds in a manner calculated to bring the greatest possible benefit to the residents of Westbrook.

Westbrook Fire Department - Safety Tips for Our Residents

To help ensure everyone in the community stays safe, the members of Westbrook Volunteer Fire Department offer the following tips and suggest you post them where they are likely to be seen by your family members and/or co-workers.

SMOKE & CO DETECTORS

A reminder to change your batteries and check your detectors.

- Change the battery in your smoke and CO detectors.
- Make sure you check the operation of your detector.
- Make sure your detectors are clean.
- Smoke detectors should be in every bedroom and outside the bedrooms in the hallway.
- CO detectors should be on each floor of your home.

CHIMNEY MAINTENANCE

Chimney maintenance is vital to your family's safety.

- Have your chimney inspected and cleaned on a regular basis.
- When possible, burn seasoned woods (dryness of the wood is more important than hard wood versus soft wood).
- Smaller, hotter fires will burn more completely and produce less smoke than larger fires.
- Do not burn cardboard boxes or trash, as they can spark a chimney fire.
- Install stovepipe thermometers, which help monitor flue temperatures where wood stoves are in use, then adjust burning practices as needed.

DRYER SAFETY TIPS

The leading cause of home clothes dryer and washer fires is failure to clean them.

- Have your dryer installed and serviced by a professional.
- Do not use the dryer without a lint filter.

- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum. Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- Keep dryers in good working order. Gas dryers should be inspected by a professional to make sure that the gas line and connection are intact and free of leaks.
- Make sure the right plug and outlet are used and that the machine is connected properly.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Turn the dryer off if you leave home or when you go to bed.

PET SAFETY

Watch out for family pets as you prepare for the cold, days of winter.

- Many brands of antifreeze are highly toxic. Store new and used antifreeze in a sealed container.
- Chocolate is a special treat for nearly all humans but it is toxic to dogs, cats, and birds.
- Chicken and turkey bones can get stuck and pierce the digestive tract. Rich foods can cause pancreatitis or bloating.
- Indoor pets not acclimated to winter temperatures should not be outside in cold weather for long periods. Outdoor pets can withstand fairly cold temperatures, but make sure they have proper shelter from wind and rain, and provide them with good bedding. Frostbite is a winter hazard to pets.

continued on page 14

Fire Dept. Safety Tips continued from page 13

HYDRANT MAINTENANCE

If you have a hydrant near your home or business remember that maintenance around the hydrant is very important.

- A three foot area around the hydrant will make the job of the firefighter in

charge of "dressing the hydrant" easier. Easier doesn't mean we are afraid to do the work, it means that in an emergency every second counts.

- In spring and summer trim and bushes or trees and cut the grass.

- In the fall rake the leaves and make sure the hydrant is visible.
- In the winter remove all snow from at least 3 foot around the hydrant and out to the road.

Middlesex to Rebrand

Middlesex is more than just a hospital. Middlesex has grown to include many services located outside the walls of the hospital. Middlesex has a network of primary care offices, three urgent care centers, five physical medicine and rehabilitation offices and two Cancer Center locations. It offers homecare and assisted living, and the list goes on.

It is often difficult to explain these many different parts and how they all fit under the Middlesex Hospital umbrella, but one thing has become clear. Middlesex's current brand name no longer accurately reflects what Middlesex does and what it can provide.

In an effort to help the community better understand, Middlesex's branding will soon change to include the name Middlesex Health and a new logo that better represents the organization's incredible growth. Middlesex is one of the few independent nonprofit health systems remaining in Connecticut, and it has evolved and expanded for the good of its patients, becoming a more comprehensive health partner. It's become Middlesex Health.

Middlesex remains committed to the communities it serves, and it will continue to provide the same high quality, compassionate care and personalized service that you've come to expect.

Over the next few months, you will begin to see the new brand name and logo on Middlesex signs and other materials, including staff uniforms and informational brochures. There will also be a new TV commercial, and Middlesex will soon launch a new, more user-friendly website.

A change like this does not happen overnight. The transition will take time to complete. Please be patient. Moving forward, Middlesex remains a strong, independent health system – one that strives to always be your first choice for health care. Your health is of the utmost importance, and these improvements are being made to better serve you.

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Friends of Westbrook Barrier Islands

Friends of Westbrook Barrier Islands is dedicated to the preservation of three valuable ecological spaces, Duck Island, Menunketesuck Island and Salt Island and has been busy this past year. We are delighted to report that our efforts have resulted in some wonderful news for our birds nesting on the three barrier islands off the coast of Westbrook. This year we had long legged waders on Menunketesuck Island. That means they are at top peak at Duck Island which is the goal of protecting the islands from interference of people and other animals.

We work in concert with the U.S. Fish and Wildlife Service located at the Stewart B. McKinney Wildlife Refuge. Being a volunteer can help us continue our goal of protecting these islands for our sea birds and providing education and recreation as well. If you are interested in joining our group, our next meeting will take place on February 20, 2019 at 6:00 pm at the refuge on Old Clinton Road.



Connecticut Cancer Foundation Art Gallery Exhibit

WILLIAM TERNES:
New England Impressionist
Curated by Marsha Malinowski
of Malinowski & Associates,
Fine Art Advisory

26 November 2018
to 5 January 2019



A fine selection of over forty oils and watercolors will fill Connecticut Cancer Foundation's Art Gallery for the holiday season.

A portion of all sales will be donated to the Connecticut Cancer Foundation.

The Art Gallery is located at 15 North Main Street in Old Saybrook, CT.

Water Pollution Control Commission

Get Disconnected Westbrook!

In most aspects of our life it's good to be connected; we like to be connected with family, friends, news, Facebook, etc..., but in the storm water world it's best to be DISCONNECTED. Disconnected from the storm drain system that is. You see, most of our storm drains in Westbrook discharge directly to Long Island Sound, the Menunketesuck River, the Patchaug River, or a nearby waterbody.

When rain falls on hard surfaces like rooftops, driveways, parking lots and roadways it runs over those areas and into a storm drain. This is great for preventing flooding, but has a hidden impact on water quality. When rain runs off/over hard surfaces it picks up various pollutants along the way (excess fertilizer, oil, brake dust, sand, salt, etc.) and carries them with it into our storm drains which empty directly into our local stream, pond, river or Long Island Sound. The result is green algal blooms, fish kills, closed swimming and fishing

areas, and other impairments to our water ways.

Scientific research has shown that the amount of impervious surfaces in a town is closely correlated with water quality or watershed health. A focus of the Municipal Storm Water (MS4) Regulations is devising ways to short-circuit, or disconnect, the pavement-to-waterway connection. This is primarily accomplished through the use of what are often referred to as low impact development (LID), or green infrastructure (GI) practices. Disconnecting or redirecting your downspout is one of the easiest things you can do to help reduce storm water runoff and make a difference. Downspouts that drain on driveways drain directly to the storm water system. Disconnecting your downspout will reroute the runoff into rain barrels, cisterns, or permeable areas like your yard or rain garden instead of the storm drain. There are many design and placement considerations to think about before installing a rain garden.

(Please do not direct your downspout over your septic system.) Visit these websites to learn more about rain gardens and...
<http://nemo.uconn.edu/raingardens/index.htm>. <http://reducerunoff.org>.

GET DISCONNECTED!

If you decide to install a rain garden or redirect your downspout please contact Colleen at the Public Works Department ctopitzer@westbrookct.us and let her know what you did. Send us your before and after pictures. Please contact Shirley at smickens@westbrookct.us to locate your septic system. The Town is required to keep track of disconnections. You CAN make a difference in water quality.

Thank you!

*Excerpts taken from CT Nemo Program website & Reduce Runoff.org.



Newly adopted CT State Building Codes takes effect

October 1, 2018

Adopted and Referenced Publications Pursuant to section 29-252 of the Connecticut General Statutes the following national model codes, as amended herein, are adopted and shall be known as the 2018 Co Adopted and Referenced Publications.

Pursuant to section 29-252 of the Connecticut General Statutes the following national model codes, as amended herein, are adopted and shall be known as the 2018 Connecticut State Building Code:

2015 International Building Code
2009 ICC/ANSI A117.1 Accessible and Usable
Buildings and Facilities
2015 International Existing Building Code
2015 International Plumbing Code
2015 International Mechanical Code

2015 International Energy Conservation Code
2017 NFPA 70, National Electrical Code, of the
National Fire Protection Association Inc.
2015 International Residential Code of the
International Code Council, Inc.

Copies of the International Codes may be obtained from the International Code Council, Inc.,
4051 West Flossmoor Road., Country Club Hills, IL 60478-5795 (website: www.iccsafe.org).

Copies of the 2017 NFPA 70, National Electrical Code, may be obtained from the National Fire Protection Association Inc., 1 Batterymarch Park, P.O. Box 9101, Quincy, MA 02169-7471 (website: www.nfpa.org).

Copies of the 2018 Connecticut State Building Code document may be downloaded from the website: www.portal.ct.gov/DAS. The requirements of the 2018 Connecticut State Building Code shall apply to all work for which a permit application was made on or after the date of adoption.

Flu Vaccine News

It's really tough to stay on top of all the health news these days. We're here to help. Since the flu season is right around the corner, here's a snapshot of recent news stories about the flu vaccine.

Flu shot helps people with diabetes. The seasonal flu vaccine is now recommended for everyone 6 months and older. But for some people, it can be a matter of life and death. During a seven-year study, British researchers looked at a group of nearly 125,000 people with type 2 diabetes - people who have a higher risk of cardiovascular problems. In those with type 2 diabetes, the flu vaccine was linked with reductions in flu-season hospital admissions, including a:

- 30 percent reduction in admission for stroke
- 22 percent reduction in admissions for heart failure
- 19 percent reduction in admissions for heart attack
- 15 percent reduction in admissions for pneumonia or influenza

Among those who received a flu shot, the death rate was 24 percent lower than in those who had not been vaccinated. The study didn't prove a cause-and-effect connection between the two. But the results are pretty compelling.

Limits of the flu vaccine "twofer." How do infants benefit when their moms have a flu shot during pregnancy? Previous studies showed a benefit, for sure. Now we know how long it likely lasts. Researchers in South Africa assessed more than 1,000 infants whose moms received a flu shot while pregnant. During the first eight weeks after birth the vaccines were 85.6 percent effective.

After that, effectiveness ranged from about:

- 25 percent at eight to 16 weeks
- 30 percent at 16 to 24 weeks

It's helpful to know this because current vaccines don't work well in infants younger than six months, and infants have high rates of the flu. There are other ways you can protect your baby. That includes washing your hands often, keeping your baby away from sick people, and making sure everyone else in your family is vaccinated.

Get your flu shot. If you're like many people, getting a flu vaccination can easily slip your mind. But a flu shot is too important to get bumped to the bottom of your priority list. Every flu season is different, and every person responds to the flu in a different way. The flu can lead to hospitalizations and even death. The flu season often begins in October, so there's no better time than the present.

Long-term protection. More good news? Another study has found that flu vaccines offer moderate protection for about six months. That's the length of most flu seasons. The study's findings suggest that a flu shot in early fall may prevent the greatest number of cases. Call your doctor for your flu shot options. If you do catch the flu this season talk to your pharmacist about your symptoms. They are here to help.

Keith Lyke, Registered Pharmacist
Killingworth Family Pharmacy

Westbrook Garden Club

September and October have been very exciting months for the members of the Garden Club. We started our fall season with our annual Mum Sale on the green. Thank you to all the members who not only planned and worked this event, but also to our wonderful customers who helped make it a success.

Our next event was a Hoedown to celebrate our 60th Anniversary. Members enjoyed a western-themed party, chowing down on a pulled pork dinner, enjoying some good country music and having a great time together.

Next, we moved on to the Harvest Festival sponsored by the Westbrook Congregational Church where we won Best in Show for our creation of our "Mother Nature" scarecrow. Some very talented members contributed their considerable expertise to this fun project.

Finally, at the yearly meeting of the Federated Garden Clubs of Connecticut, we were so excited to receive some impressive awards. One award was from the National Garden Clubs for Community Beautification for our work on creating and installing the beautiful white planters and flower boxes that we maintain all around town. Another was for our very informative and fun newsletter sent out to our members each month. Lastly, we received an award for our yearbook or directory. These wonderful accomplishments don't just happen. We are a dedicated



group of enthusiastic gardeners who enjoy working together. Our next project is a Meadow Walk installation at the Salt Marsh Overlook. We started this meadow to commemorate our 60th anniversary and the resulting meadow will be something that will benefit pollinators, birds, small mammals as well as creating a visually pleasing area for our town to enjoy.

If any of these events sound like fun to you, please consider joining us. We are open to new members! There is information on joining in the Westbrook Library or you can contact us at westbrookgardenclubct@yahoo.com.

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Diabetes and the Eye

Diabetes is a disease that affects your ability to produce or use insulin to effectively control the blood sugar (glucose) levels in your body. Too much glucose in the blood for an extended amount of time can damage many parts of your body, including your eyes. According to the CDC (Centers for Disease Control and Prevention) about 90% of diabetes related vision loss can be prevented with early detection. Yet a study performed by researchers at Wills Eye Hospital saw that 60% of people with diabetes skip their annual exam needed to preserve their vision. It is imperative that people with diabetes get an annual dilated eye exam because ocular complications due to diabetes may show no signs or symptoms. When blood vessels in the eye's retina swell, leak, or close off, or if abnormal new blood vessels grow, it is called diabetic retinopathy. People who are at a higher risk of developing diabetic retinopathy are those who have diabetes or poor blood sugar control, women who are pregnant, and people

with high blood pressure or high blood lipids. Diabetes can also cause your vision to change even if you do not have retinopathy. If your blood sugar levels change very quickly, it can affect the shape of your eye's lens which causes blurry vision. Your vision usually goes back to normal after your blood sugar stabilizes.

According to the Academy of Ophthalmology, the top 5 steps to help prevent diabetic eye diseases are:

1. Get a comprehensive dilated eye exam from your ophthalmologist at least once a year.
2. Control your blood sugar.
3. Maintain healthy blood pressure and cholesterol levels
4. Quit smoking
5. Exercise

Middlesex Eye Physicians

Estuary Council Regional Senior Center

220 Main Street, Old Saybrook

The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational

classes, exercise programs, and socialization activities. We have been promoting healthy and active lifestyles through quality programs and services in the nine-town

Estuary region for over 40 years. Please visit us at www.ecsenior.org for additional information or call us at 860.388.1611.

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*picture on smart phone accepted

I-91 North or South to Exit 25. Rt. 2 East to Exit 7. Turn left on New London Turnpike, look for signs.
Rt. 2 West to Exit 8, turn left, go to end of street, look for signs.
I-84 to Rt. 2 East to Exit 7, turn left on New London Turnpike, look for signs.

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Events Presents - SAYBROOK HOME

A new look and name for Saybrook Country Barn

Family owned and operated retailer, Saybrook Country Barn, located in Old Saybrook, CT has a new name for its longstanding retail location. It will now be known as Saybrook Home. A cornerstone of Old Saybrook (located at the foot of Main Street), the 41-year-old business, owned and operated by the Bolles Family, has continued to evolve as one of the area's largest shoreline retail destinations for the home. It started as a 4000 square foot home and barn. Today, it boasts 42,000 square feet of retail shopping, sprawling between 2 buildings featuring fine quality furniture, home décor, exquisite gifts, hardware & lighting, unique area rugs, custom window treatments and a large selection of designer men's and women's apparel and accessories. Saybrook Home also offers custom interior design consultations and personalized shopping experiences by their experienced and professional staff.

"It has been over forty years since my grandmother founded what was originally

the Marlborough Country Barn. She had a simple philosophy for the business: provide great products, with great service, listen to your customers, and live your best life. Well, our customers have spoken and we have listened, which is why we are changing our name from Saybrook Country Barn to Saybrook Home," said Keith A. Bolles, managing partner. "We are excited for our future, and look forward to helping customers Live Their Best Lives for many generations to come."

The new brand, Saybrook Home, achieves that "welcome home" feeling to resonate with existing customers and connect with those of the future. "We wanted to capture the essence of our core values and mission and, at the end of the day, don't we all just feel better when we are at home?" says Cheryl Mader, General Manager at Saybrook Home.

To celebrate the launch of Saybrook Home, the store is dressed and ready for the holidays. From seasonal custom pillows and throws, placed upon today's top furniture brands to favorite designer sweaters and accessories in the apparel



Owners (L-R) Keith A. Bolles, Jane Bolles, Keith Bolles, Sr.

shop, Saybrook Home welcomes you to explore its new brand at their Old Saybrook, CT destination along with a newly designed website saybrookhome.com.

**Saybrook Home
2 Main Street
Old Saybrook, CT 06475**



Middlesex Eye Physicians is reminding you of the importance in scheduling your annual diabetic eye exam to monitor any changes in your eye health.



Family eye exams • Cataract Surgery • Lasik • Glaucoma •
Macular Degeneration • Dry Eye • Cosmetic Services •
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Connecticut Cancer Foundation - John & Jane Ellis

by Sigrid Kun

An enduring promise to help Connecticut cancer patients and their families.

The story of John and Jane Ellis is one of love, inspiration and dedication. She says he had the vision. He says she's the angel who does everything. Together, they are strong individuals who never wavered since John made a most solemn promise.

Born in New London, John was a high school standout in football and baseball. He went on to a 13-year major league baseball career. The catcher debuted in 1969 with the New York Yankees (1969-1972), hitting a home run in his first at bat. He also played for the Cleveland Indians (1973-1975) and Texas Rangers (1976-1981).

A routine life insurance examination revealed a spot. He had been a picture of health - jogging 10 miles a day. At age 38, the 1971 Topps All-Star Rookie had Hodgkin's lymphoma. He had already lost a brother, sister and sister-in-law, each to cancer. "Sitting there in the hole, getting your juice, and breaking it down. I made a deal," explains John. "If you let me live, I'm going to do this. I said I'd dedicate my whole life to the needs of the needy."

That was 1987. Together, the couple started a foundation whose mission has remained steadfast - to provide financial assistance to Connecticut cancer patients and their families and to fund cancer research. He is the Chairman/Founder. She is the President and Executive Director. The formula is simple. Many individuals affected by cancer struggle with basic living necessities. The foundation is there to help.

Oncology social workers in Connecticut provide referrals to the foundation. Applications are reviewed each Monday, with grants made within a week - an unheard of turnaround. If there is an emergency, they will do what they can right away. "It's all local. "You know where the money is going and that makes us unique," notes Jane. To date, the foundation has provided almost \$6 million in financial assistance to CT families and over \$2 million to lymphoma research. A \$7 million endowment ensures its future.

Their signature fundraiser is an annual celebrity dinner first held in 1988 at the Groton Motor Inn. Mickey Mantle, Whitey Ford and Billy Martin were there. "It was like a group of friends, getting together and telling stories," relates Jane. "It was special." The event raised \$100,000. At the end of the evening, Mickey observed "I hope this foundation goes on forever."

The event has grown markedly and is now hosted by a key corporate partner, Mohegan Sun. The next celebrity dinner will be held on February 8, 2019. The list of attendees are a testament to the relationships/ trust that the couple forged over the years: Don Zimmer (who once released John), Yogi Berra, Derek Jeter, David Ortiz, Hank Aaron, Carl Yastrzemski, Joe Torre, Reggie Jackson, Mariano Rivero, and Roger Clemens. There are new fundraising initiatives: Cycle Against Cancer,



Left, John and Jane Ellis. Below, from the left, Derek Jeter, Didi Gregorius, Tommy Kahnle and David Robertson attending the 2018 Celebrity Dinner at Mohegan Sun.



New location, right,
at 15 North Main Street
in Old Saybrook.



the Fishing Against Cancer tournament, and a Speakers Program. And there is assistance for ILROG - the International Lymphoma Radiation Oncology Group. "We're global in nature but local in giving," observes John.

The foundation recently (July 2017) opened its new location at 15 North Main Street in Old Saybrook. Every aspect of the new facility focuses on the foundation's mission. There is a Hall of Fame. "It's a museum piece," says John. "A tribute to some of the wonderful baseball players who helped literally to build the foundation." There is an art gallery to hold exhibits benefitting the foundation. "It's the infrastructure for the next 30 years," says Jane.

John and Jane have assembled plenty of stories. John laughs over that second celebrity dinner when Joe DiMaggio wouldn't sign memorabilia. Whitey Ford brought along for him to sign. Yogi Berra successfully intervened. And then there was a single mother whose child was suffering from a rare cancer. "I'll never forget that for the rest of my life," recounts Jane. "They were homeless. She didn't know how to feed her children that evening. We gave her \$2,000. That gave her hope. We continued to help her. We got furniture... I had John schlep it all in his truck."

Thirty years ago, the couple wondered if they'd still be needed. Surely, cancer would be beaten already. "Our mission is more relevant today than 30 years ago," explains Jane. "Everyday expenses...it's so much more expensive to live. Our help is needed more than ever." "There's plenty of work here," adds John. "We look forward to making sure the foundation goes on and on."

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