

Westbrook events

VOLUME 16 • QUARTER 2 • 2017



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Selectman's Corner

Proposed Blight Ordinance

The Board of Selectmen wants to bring to the attention of all Westbrook residents that a Referendum on the proposed Blight Ordinance will take place on July 13, 2017 from noon to 8:00 pm. Prior to that date, there will be a Town Meeting on June 15, 2017 at 7:00 pm in the Multi Purpose Room of the Mulvey Municipal Center for the purpose of forwarding the document to the Referendum.

The Board of Selectmen has held two prior Public Hearings on this document and the final draft is available on the Town's website and in the First Selectman and Town Clerk offices. Everyone is encouraged to review this important Ordinance prior to the vote at the Referendum on July 13, 2017.

A Blight Committee was established by the Board of Selectmen on 10/23/14. This was a representative committee consisting of 10 individuals and chaired by Dennis Hallahan. The Committee was very diligent and spent approximately two years carefully

researching what other municipalities have adopted as Blight Ordinances and solicited input/data from residents and other constituent groups. The Ordinance contains very specific language regarding the definition of Blight; how the Ordinance is to be enforced; suggested review mechanisms; a Blight Enforcement Officer and other pertinent language that has implications for Westbrook residents. I encourage everyone to familiarize themselves with what is being proposed before the Referendum on 7/13/17.

Noel Bishop
First Selectman



Noel Bishop, First Selectman

Family Day - Town Green - June 10th
Day on the Green - Town Green - July 9th
Fire Department Carnival - Ted Lane Field - July 12th - July 15th
Westbrook Drum Corp Muster Tatto - Ted Lane Field - August 25th 7 pm
Muster Parade - August 26th 11 am



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Happy Spring from the Town Clerk

June is Dog Licensing Month in Connecticut. Those of you who already have your dogs registered with us will automatically receive a reminder notice in the mail in May. You have the entire month of June to renew your pet's license. We also need proof of updated rabies vaccinations if that has expired; please let us know. The cost to license a dog that is spayed/neutered is \$8.00 for the year; for a

non-spayed or neutered dog the license is \$19.00. These fees are set by the State of Connecticut and the town clerk's offices retain \$1.00 from the sale which goes into the general fund. Please consider that if you own a dog in Westbrook and it is not licensed, the animal control officer may impose a fine. Is it worth it? The primary purpose of licensing dogs in CT is to ensure that dog owners keep up

on the vaccinations of rabies for the safety of others. There are so many affordable clinics in our area as well as pet stores that offer rabies vaccinations at a discounted price. Call our office and we can tell you where to find a local rabies clinic.

Be safe and have a great summer!
Joan Angelini
Westbrook Town Clerk

5th Annual Daisy 5k

The New "Daisy Gobble Wobble 5k" Date is Set!

Get ready to celebrate the upcoming holiday at a fun, local event for our Daisy students! Perhaps even wobble our beautiful 5k race route before you gobble some chili or Thanksgiving dinner! Mark your calendars for the 5th Annual Daisy 5k (new name, same course), Daisy's Gobble Wobble 5k, to be held on Saturday November 18th, 2017 at 10 am. The Daisy Ingraham PTO is proud to present this community-wide event for the 5th year in a row to encourage a healthy and active town while raising money for our young students at Daisy Ingraham Elementary School! There are so many ways to help this event continue to grow!

Register to run or walk the 5k course or kids' fun run @ www.daisytrickortrot.com. Sign-up to volunteer @ daisytrickortrot@gmail.com. Can't make it to our event but still interested in supporting our students? Become a sponsor or donor! Email us at Daisytrickortrot@gmail.com and we will gladly drop off our sponsor/donor packet. Follow us on Facebook (@DaisyIngrahamPTO) and Instagram for race updates, workouts, and important race information. Thank you in advance for joining our community event and supporting the youth of Westbrook!



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From the Registrars of Voters

The Registrars of Voters conducted their 2017 canvass from January through the end of May. Only those registered voters who have made some type of change through the Postal Service will receive a notice. It is important for us to maintain accurate voter registration lists. Those registered voters who received a "Confirmation of Voting Residence" form to fill out and did not respond by the date indicated on the form, will have their name put on the "Inactive List" as mandated by the State Statutes. If the "Confirmation of Voting Residence" form was returned by the Post Office as undeliverable, those electors will be put on the Inactive list. It is important for us to maintain accurate voter registration lists. Please help by reporting to the Registrars whenever you have made a change to your resident

address, mailing address, name, or when you would like to change your party affiliation. Please call the Registrars' Office at 860-399-3042. Students who will be turning 18 years of age on or before the November 7, 2017 Election are encouraged to register to vote. The Office is open on Tuesdays from 11:00 am – 1:00 pm and Thursdays from 5:00 pm – 7:00 pm. Please call to make an appointment at other times. Registration forms are available on the table outside the Registrars' Office. You may also register "Online" by going to the Westbrook website (www.westbrookct.us) and click on the Link – register to vote online. View the Registrar of Voters Department section for more information.

Registrars Colin Bennett, Teri Gavigan and Nancy Moore

"What if You Knew You Would Never See It Again?"

Rachel Carson's question was, in part, the genesis of Westbrook's Conservation Commission: What if a favorite overlook, a beloved stand of trees, a quiet steam side was proposed for development - what would you do? Would you join the Conservation Commission to stop the development?

In the 1990s Dee's Pond was a well-known iconic, somewhat secluded, wooded pond site for picnics, scout activities and quiet contemplation; a communities sense of place. When a large condominium complex was proposed for the site in 1968 the community mobilized to prevent development and preserve the property. One method was to rezone the property

as Open Space which required a town's Conservation Commission to approve the designation of land as Open Space. A Town Meeting was convened to approve an ordinance establishing a Conservation Commission appointed by the Board of Selectmen. Commissioners subsequently voted to approve Dee's Pond as Open Space based primarily on the need to protect wetlands against the threat to surface and ground water pollution if the land were developed as proposed. That early recognition of the importance of protecting Westbrook's water resources, including Long Island Sound, has guided the Commission's deliberations and decisions for 50 years. Yes, the condominium application was denied.

The Conservation Commission is looking for two energetic and visionary residents with a strong interest in protecting natural resources, who are willing to accept responsibility for overseeing Westbrook's designated open space property to assure effective and ethical management and support as a member of the Commission, and in partnership with other commissions and the community. There are over 500 acres of designated as open space; forest, wetlands and one island, Salt Island, that connect us.

If you are interested in learning more please contact Tom ODell, Conservation Chairman, by email: todell@snrt.net

From the Building Official Office

I wanted to dedicate this article to the importance of applying for and receiving a building permit.

Why are Building Permits important?

A building permit gives you, your insurance company, your neighbors and the town assurance that specific minimum standards are met in constructing, altering, or repairing your home by complying with the Building Code. These standards are based on well-established health, safety, and environmental considerations intended to protect the integrity of the buildings, safety of inhabitants, and the welfare of the public.

So, when do I need a Building Permit?

A building permit is needed for the following activities:

- To change, replace, or remove walls, columns and beams
- To change to required exits or sources of natural light and

ventilation (including windows)

- For new construction, major repairs, renovations, and demolitions
- For the installation of new boilers, furnaces, plumbing fixtures, garages, additions, porches, and decks
- Build mechanical, supply or exhaust ventilation system
- Build, replace, or enclose and heat a new or existing porch system
- Change from a single family to multiple family building
- Complete modernization or conversion
- Construction or alteration of plumbing systems
- Demolish any building
- Erect chimneys
- Alteration to source of required natural light and ventilation
- Finish rooms in the attic or basement

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Building Official... continued from page 5

- Installation, replacement or extension of warm air furnaces in all building types
- Replace roof
- Alteration or expansion of electrical system
- Add additions (upper floor, first floor expansion, greenhouse, etc.)
- Add a dormer
- Build an attached garage
- Build a carport

And last, why should I get a permit?

There are many important reasons to obtain the required permit(s) and to obtain the required inspections for your project

- Protects property value - Your home or business is an investment. If your project does not comply with the codes and standards adopted by your community, the value of your investment could be reduced.
- Saves money - Property insurance may not cover work or damages caused by work done without permits and inspections.
- Makes selling property easier - When property is sold through a multiple-listing association, the owner must disclose any improvements or repairs made and if permits and inspections were obtained. Many financial institutions will not finance a purchase without proof of a final inspection. If you decide to sell a home or building that has had modifications without a permit, you may be required to tear down the addition, leave it unoccupied, or do costly repairs.
- Improves safety - The permit review and inspections process is designed to ensure that all construction is safe. By following code guidelines, your completed project will meet minimum standards of safety and will be less likely to cause injury to you, your family, your friends, or future occupants. Mandatory inspections complement the contractor's experience and act as a system of checks and balances resulting in a safer project.
- And last but not least - It's the law - Work without a permit may be subject to removal or other costly remedies.

Please feel free to email me with any comments or questions to: dmaiden@westbrookct.us.

David W. Maiden
Building Official

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Westbrook Garden Club ~ Grow with Us!

Thank you to all our Westbrook and shoreline neighbors for supporting our May Garden Market held on May 13th. The storms of spring created the opportunity for our first indoor market held at Town Hall. What a great event! Thanks also to our hardworking club members who spent many hours planning and holding the event, including co-chairs Carolyn Fish and Rachel McNellis. The proceeds of our fundraiser are used to support many projects including public education, scholarship and town beautification. Speaking of town beautification, we hope you like the 22 new window boxes installed in the town center. The club

supplemented its funds with a generous grant from The Westbrook Foundation to finance this project. The new boxes were made for us by Chris Billings, owner of The Garden Gate LLC. They were made to match the planters that we placed around town several years ago. Special thanks to Carolyn Fish and Deb Rie for spearheading this initiative.

Our Spot-Minders, led by Shirley Kiely, have been very busy planting up the window boxes and planters in their 2017 color scheme of purple, pink, white and green. We hope you enjoy the season long floral displays. If you see our Spot-Minders around town caring for the

displays please take a moment to thank them for their endless hard work including maintaining the Gazebo garden. Thanks also to Eric Reeve Landscaping for helping with soil management and labor.

Our energy and enthusiasm depends on our wonderful membership. Old hands and new members work, learn, and grow together as we strive to make Westbrook an even more pleasant, beautiful, and environmentally healthy place to live.

Won't you join us? We are on Facebook – Westbrook Garden Club of CT.

We'll see you at Family Day on June 10th!

From the Open Burning Official

Most residents don't realize that a permit must be obtained to do almost all outdoor burning. The goal of a permit is to make sure that any fire remains safe and properly controlled and that persons and property remain protected and safe. Please remember it is against the law to burn brush without a permit and the burning of leaves is not allowed at any time by the state DEEP. A permit is to make sure that outdoor burning is done correctly and meets state standards. Any resident seeking a burning permit should

call the First Selectman's office at 860-399-3040 or call me directly at 860-399-6521.

Thank You, from John Palermo, Open Burning Official.

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Vista Members Spread the Word to End 'the Word'

Words do hurt - that's the message Vista Life Innovations members Andrew Hart and Amelia Rogers recently shared in Westbrook and North Haven as they raised awareness for the Spread the Word to End the Word campaign, a national movement to eliminate usage of the R-word, which is commonly used in a derogatory manner toward individuals with disabilities. Equipped with clipboards, pens and Spread the Word to End the Word bracelets, Andrew and Amelia visited the Teresa Mulvey Municipal Center in Westbrook on March 2 and gathered signatures from people who pledged to stop using the R-word. Among those who signed the pledge was First Selectman Noel Bishop. "People used to call me the R-word all the time when I was in school, and I don't think that word should be used," said Andrew, a Westbrook resident. "It's hurtful." Amelia and Andrew were supported in their efforts by Vista member Jennifer Walters, Vista staff member Erin Szymczak, and Andrew's mother, Beth. Over the course of two hours, approximately 50 people signed the pledge. But the work didn't stop in Westbrook. Andrew and Amelia continued their efforts at the North Haven Health and Racquet Club. By the end of the night, a total of 136 people had signed the pledge. "Don't judge a book by its cover," said Amelia, a Clinton resident. "Look at the person for who they are, not what disability they



Amelia Rogers, Noel Bishop and Andrew Hart

have because everyone is amazing in their own way." For more information about the Spread the Word to End the Word campaign or to sign the pledge, visit www.r-word.org. Vista Life Innovations is a 501©3 nonprofit organization. Vista's mission is to provide services and resources to assist individuals with disabilities achieve personal success. For more information about Vista, please visit www.vistalifeinnovations.org.

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Westbrook Board of Education

At the time of this publication's release, the Board of Education (BOE) budget will have been carried through the process of public hearing and annual town meeting and vote. While the outcome is not known at time of this writing, the process offered opportunities to answer many voter questions. It is important to reflect on those questions for folks who were not able to attend the public hearing, and this journal gives an opportunity to respond again.

This year, as in past years, our enrollment numbers are of the utmost concern. The Board of Education monitors enrollment monthly. Despite Connecticut's continued decline in population and school districts across Connecticut understandably following, Westbrook's public school enrollment continues to defy the New England School Development Council (NESDEC) and is currently hovering at 788. NESDEC projections would have our enrollment at 733. Of course, there are many factors inherent in the fluctuations and one positive factor is a change in the culture of the population. Our enrollment is becoming more diverse and we are seeing our students enjoy the richness of a broadening of cross-cultural experiences.

Often, we are asked how to compute the cost of educating each student per year. Many simply divide the school district total budget, by its population count. That, however, has always been a false dollar amount per student, per year as there are many other factors to be considered. When we think of equity in education, "equity" is not defined as equal, e.g., every student gets the same. In education, "equity" is defined as every child getting what he/she needs. Many students require special services and supportive accommodations. Special programming to enhance our students' learning opportunities can be more costly and, of course, all of the above added to many legislative mandates that regulate education in Connecticut can impact the cost of education exponentially.

Finally, an often asked question this year has centered on transportation. CT General Statute 10-186(a) requires each local or regional board of education to furnish, by transportation, this school accommodation to resident children. While the statute does not prescribe all of the situations in which transportation must be provided to students, it is clear that when walking exposes students to hazards or other dangers such as high speed streets, unguarded intersections on busy streets, unfenced waterways, or stretches of road without sidewalks, transportation must be provided regardless of distance. And while the statute does not stipulate distances, the BOE (with counsel) has always interpreted it to mean that all students who are residents are entitled to transportation. In so doing, the BOE (many years ago) opted for the safety/security and efficiency of assigning a bus seat to each child.

continued on page 10



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Board of Education... continued from page 9

Therefore, the number and size of buses necessary are secured and the bus route itself determines which bus students should ride, not the other way around. With this process, any student who needs transportation is already assigned to the correct bus that hits the stops in their vicinity, however near or far to and from the schools they attend. This was considered vital to the mapping of each bus route as we do not transport students from door-to-door

beyond the third grade. Therefore, students residing close to their schools who choose to ride are not the students causing the need for that bus route. Denying them transportation would not eliminate the need for any buses as the routes they travel are designed to get to greater distance bus stops.

At any time, please contact the superintendent's office to question or discuss these or any other matters of concern.

Summer Fun at the Westbrook Public Library

We are looking forward to starting our summer activities with a family program on Wednesday, June 28, at 1 pm featuring Animal Embassy. Be amazed by the talents of a diverse group of Animal Ambassadors who build complicated structures. We'll study the architectural feats of nest building, burrow making, and web spinning with live animals.

Beach Story Hour will be held on Wednesdays in July at 10 am at the Town Beach. July 19 - Anastasia and Christopher Jankowski of Sunny Train will be performing. Nutmeg Book Discussions will be held Thursday evenings starting on July 6th from 6:30 to 7:30 pm. Please call the library to register for Elementary, Intermediate or Teen nights. Saturday, July 29th, a Chess Workshop will be held in the community room starting at 10 am. Patrons will learn

basics and get to play against each other. Please call to sign up today! Every Friday in July, we will be holding Lego Mindstorms sessions starting at 2 pm. Open to children ages 10 and up. Please call to register as space is limited.

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Westbrook Senior Center

July 19th Cooking Solo: Nutritious and Easy Cooking for One or Two - Join us to learn how to cook easy, budget-friendly and nutritious meals for one or two with a cooking presentation and tasting. Presented by Alisha Gulino, Registered Dietician and Jason Kosky. Our Annual Cookouts will run the 1st and 3rd Wednesday of every month through Labor Day.

Please join us for lunch every Wednesday and Thursday at 12:00 pm - Please give 24 hour notice of reservation. Menu posted online and in our monthly newsletter. For program information and to RSVP for 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

Beat Parkinson's Exercise Program

East Shore Region Adult & Continuing Education is hosting classes by Beat Parkinson's Today, an exercise program designed specifically to improve Parkinson's symptoms. There are presently 12 classes per week in 4 locations in CT with almost 50 Parkinson's clients participating. Results have been astounding. Clients

have improved gait, balance, fine motor control, explosive movement, attitude, self-image, and fatigue. Some have lowered the dosage of their medications. For more information: email at info@beatpdtoday.com, or see our website www.beatpdtoday.com.

**CELEBRATE
COMMUNITY.**

For the past 20 years, the Community Foundation of Middlesex County has been working with community members who have a deep passion and commitment to improving the quality of life for all. We turn their desire to create a legacy of giving into a charitable fund that has a very real and positive impact on the programs and services they care most about. Through these funds, we provide resources to support the arts, education, human services, animal welfare, the environment, heritage enhancements, and other areas of interest. We provide services, programs, and grants to our local nonprofits, working in partnership for a better today *and* a better tomorrow.

We invite you to learn more about how you can support your community. Visit us at www.MiddlesexCountyCF.org or call us at 860-347-0025.



**COMMUNITY
FOUNDATION**
of Middlesex County

Celebrating 20 years of Philanthropy, Leadership, and Legacy.

Westbrook Historical Society, A Place to Visit

We are nearing completion of our newly organized collection for the Society's Museum/ Research Center. Along with Brenda Milkofsky, and our volunteer team, we have been fortunate to benefit from the donated carpentry skills of Phil Bassett, Gordon Towle, and Eric Gustafson, all of whom we thank wholeheartedly. Also, we thank John Riggio's Town Crew for helping us to remove large items no longer needed. Stories of Westbrook's past will now be visualized through enlarged photographic displays, chapter story books, descriptive labels, and newly arranged artifacts. Research into Westbrook's ship building industry, its historic houses and people, its mills and shop keepers along with its turn-of-the-century summer hotels and beaches are among stories told. Soon we will be ready for your visit! We are open on Wednesdays from 9:00 am – 12:00 pm.

Historic house plaques continue to be purchased, researched, and fabricated by Lighthouse Signs. Please do help us to identify your 100+ year old house in the context of Westbrook's history for all to view and appreciate for its preserved value that reflects Westbrook's past. Plaque applications are at the building or can be emailed.



Brenda Milkofsky and Volunteers Work On New Exhibit Areas

Annual Day on the Green - Sunday, July 9th - 10 am - 4 pm

For 37 years, the Day on the Green has been the Society's annual fundraiser. This year our Fair will include Arts & Crafts with no tag sale items. Though our jeweler quota is full, if you have homemade crafts to sell, jams and jellies, artwork, photographs, etc., please do register and have fun with us. Contact: Cathie or Linda at cnd5000q@aol.com or lindablango@gmail.com. Mark the date, Sunday, July 9th from 10 am to 4 pm! Our museum will be open and the Boy Scouts will sell hamburgers and hotdogs. Thankful for your Support!

Catherine Neidlinger Doane, Westbrook Historical Society

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Westbrook Recreation



Summer Camp at Basketball Hall of Fame



Summer Camp at the Maritime Center in Norwalk




Teen Camp at Lake Compounce

Westbrook is the best place to be during the summer months! Our Recreation Department has specialty camps and programs for everyone. Field hockey, soccer, baseball, basketball, tennis and theatre camps are available to every child. We do programs for Westbrook children and for nonresidents from all over the shoreline.


It's time to sign-up for our Summer Day or Teen Camp programs. Summer Camp officially starts on June 26th. We provide inexpensive, safe and quality childcare for children between the ages of 5 and 14 years old. Arts & crafts, sports, field trips, Beach Day and many other activities are all part of the day camp experience. Your child will make new friends, learn new games and visit interesting places. Make this summer a special one for your child and sign-up now.

Week at the Beach will be August 14th - August 18th. It's a perfect way to finish the summer and go out with a week full of fun! Each day, parents will drop off and pick up their children right here at the Westbrook Town Beach. Drop-off will be at the Westbrook Town Hall, if it rains on any of these days. Please remember that there are two field trips during this week and that each camp has assigned days.

The weeks before and after summer camp have always been difficult for finding dependable childcare. Hangout Week #1 will be June 20th – 23rd at the Westbrook Library. Hangout Week #2 will be held August 21st – 25th, also at the Westbrook Library. Both these Hangout Weeks have no field trips but are still great ways for children to have fun before school starts. Access to library books and other materials will be available so children




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can catch up on summer reading. Hours during this week are limited to 8:00- 4:00 pm, due to staff availability.

The Westbrook Recreation Board hopes that all of our residents have a happy, safe and fun summer. Everyone can now register online at westbrookrec.com. If you are not a Westbrook residents and want to receive our brochure, please call us at 860-399-3095. Nonresidents are always welcome to join us. Find out why people everywhere are saying: "Westbrook Recreation has programs for everyone and the benefits are endless."

From the Office of Social Services

ELDERLY (65+) AND TOTALLY DISABLED RENTERS' TAX RELIEF PROGRAM

Filing Dates: April 1st 2017 to October 1st 2017.

All documentation required for the Renters Program, is based on the "2016" calendar year.

CT General Statutes provide for a partial refund of annual rental and utility expenses to qualified elderly and disabled renters.

Eligibility - The program is available to residents 65 years of age or older, as of December 31, 2016 or 50 years of age or older and the surviving spouse of a renter who at the time of the renter's death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of the renters' death, or 18 years of age or older by December 31, 2016, who have been found by a government agency to be permanently and totally disabled and eligible to receive Social Security Disability benefits.

Must meet a one year state residency requirement. Income must be no more than \$35,200 for singles or \$42,900 for married couples.

Call Westbrook Social Services to arrange an appointment or with questions at 860-399-3090.

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From the Health Department

June is National Safety Month. National Safety Month aims to reduce leading causes of injury and death at work, on the road and in our homes and communities.

Did you know?

Falls in the home are one of the leading causes of death in the U.S., second only to poisoning (NSC). Falls are the most common cause of traumatic brain injuries, including concussions.

To prevent falls:

- Secure electrical and phone cords away from walking areas.
- Use non-skid rugs.
- Wear proper footwear.
- Refrain from walking while distracted.
- Ensure there is adequate lighting in your home or workspace.
- Don't carry more than you can handle.
- Specifically, the bathroom is one of the most dangerous places in your home. The CDC reports about 235,000 people

over age 15 visit the ER each year due to a bathroom related-injury.

To prevent bathroom injuries:

- Place nonslip mats on the bottom of your shower or tub.
- Place nightlights in and around the bathroom for increased visibility.
- Install grab bars near the toilet and shower to assist older adults.

Housekeeping at work can be vital in preventing injuries, improving productivity and increasing morale.

To increase safety at work:

- Prevent slips, trips, and falls.
- Eliminate fire hazards.
- Prevent falling objects.
- Clear out clutter to increase moving space.
- Work may also be where fatigue shows itself, which can effect overall safety.

Recommendations for preventing fatigue include:

- Working during the day rather than

at night.

- Ensuring workers have at least two consecutive days off.
- Making consistent schedules.
- Providing frequent breaks.

OSHA reports that roughly 2 million workers are victims of workplace violence each year. We can rely on some warning signs of potential workplace violence, such as:

- Crying or having temper tantrums.
- Showing disrespect to superiors.
- Refusing to acknowledge job performance problems.
- Using emotionally charged language.
- Being anti-social.
- Holding grudges.

*Sonia Marino MPH, RS
Director of Health*

Estuary Council Regional Senior Center

Estuary Council Regional Senior Center
220 Main Street, Old Saybrook (860) 388-1611

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.

ESTUARY VOLUNTEER FAIR/OPEN HOUSE – Wednesday, June 21 from 5 to 7 pm. All ages are welcome to join us at our Open House. Meet the staff, learn about volunteer opportunities and the wonderful programs that we offer. Wine and hors d'oeuvres served. For more information call Judy at 860-388-1611 x213.

ESTUARY BINGO RETURNS – Starting Thursdays, June 15 at 6:30 pm. Doors open at 5:30 pm. Admission, including game package is \$12 per player. Cash prizes! Games will be every Thursday through November 9. All ages welcome.

ESTUARY GYM IS SILVER SNEAKERS APPROVED! If you are a member of a Silver Sneaker participating health plan in CT, the Silver Sneakers plan will pay for your gym visits. Does NOT apply to fitness classes. Check eligibility by contacting us.

THE MARSHVIEW FITNESS CENTER – Stay healthy and strong by working out in our gym. Membership Options: Call or stop by the office for a tour and learn how to become a gym member.

The Estuary Thrift Shop offers the best bargains on the shoreline! Clothing, furniture housewares, decorations, and jewelry are just a few of the things you will find. Every day is different! All ages are welcome to come in and shop. Open Saturdays. Daily Specials.

Events Magazines - Advertising Sales Representatives Wanted

We're looking for advertising sales representatives in your area. Must be conscientious, positive, and respectful while displaying strong interpersonal communications skills and work ethic. Commission-based position. Send resume and qualifications to CTsalesjob01@gmail.com.



Westbrook Youth & Family Services

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.

Kick off this school year with our fantastic, free in-school programming!

Lunch Bunch, Peer Groups, and High School Life - With WPS's support, we offer structured peer groups at each of the schools. Our school groups focus on enhancing executive functioning skills which support all students with planning, organizing, and completing tasks. Each group will be following a theme to deliver engaging activities and games. Themes include: Inside Out, Bucket Filler, Force Awakens, Super Heroes, Game of Life, and Going Viral. HSL touches on Healthy Relationships, Managing Stress, and being Drama-FreeGlobetrotters @Daisy and WMS - For students new to this country we honor and make connections between country of origin and where we live now.

WYFS Offers Something For Everyone!

Helping Hands: High School students find ways to give back to their community! Email Shannon@wyfs.org for more info. Parent Exchange: On the Last Thursday of every month, 6-7:30 pm, @Valley Shore YMCA single parents have an opportunity to build a network of support. We provide FREE dinner and YMCA provides FREE Childcare! New Programs coming this fall!! Cool Cats, DBT Teen Groups, and so much more! Join our Mailing List to stay up to date! *Like us on Facebook!*

The Shoreline Soup Kitchens & Pantries

The Shoreline Soup Kitchens & Pantries is an interfaith service that provides food and fellowship to those in need and educates our community on hunger and poverty. We recognize that we all end up needing food and fellowship at some point in our lives and that empathy makes us committed to being here for you with open arms and hearts.

LOCATION OF FOOD PANTRY

St. Mark's Roman Catholic Church, 222 McVeagh Road, Westbrook. Tuesdays 1:30 - 2:30 pm.

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

VISTA Promotes Autism Awareness, Unity Through Art



Members of Vista Life Innovations teamed up with more than a dozen students at Westbrook High School for an interactive art experience in celebration of World Autism Awareness Day on April 2 and Autism Awareness Month throughout April.

Under the direction of Vista Arts Specialist Samantha Listorti, participants painted their own version of a blue lightbulb on individual canvases to illustrate Autism Speaks' international Light It Up Blue autism awareness campaign. The integrated activity included students in grades 10 through 12, fostering a sense of unity among Vista members and Westbrook students.

"It warms my heart to see the continued collaboration between Vista and Westbrook High School," said Lyn Connery, student assistance counselor at Westbrook High School.

"When people come together and learn about each other, all the barriers come down."

With campuses in Madison, Westbrook and Guilford, Vista is a nationally accredited post-secondary program that has been supporting the personal success of individuals with disabilities for over 27 years. Vista believes in community integration through the arts and is proud to count Westbrook High School as a supportive community partner.

Vista Life Innovations is a 501©3 nonprofit organization. Vista's mission is to provide services and resources to assist individuals with disabilities achieve personal success. For more information about Vista, please visit www.vistalifeinnovations.org.

Essex Printing Wins Competition



New England Regional Printing Awards Of Excellence Competition

Essex Printing has been honored for the quality of its work. On April 5th, the Print Industries of New England (PINE) announced Essex Printing as an Awards of Excellence winner in PINE's Awards of Excellence competition.

The announcement was made during PINE's Industry Awards Gala, held at the Mechanics Hall in Worcester, MA, with hundreds of industry professionals in attendance. The Awards of Excellence Competition attracted over 320 entries from 41 printing and imaging companies across New England competing in a variety of printing and graphic communications categories such as best annual report, direct mail campaign, labels & packaging, and more.

"We are honored that PINE has again selected Essex Printing for this prestigious distinction. Consistently winning Pinnacle

Awards means that the company and its employees demonstrate a deep commitment to the company's customers and the quality of work produced on a day in and day out basis," said William McMinn, President of Essex Printing. "We look forward to continuing to meet our customers' needs and objectives with top quality print and customer service."

The competition marks the 5th year in a row that PINE has recognized Essex Printing with awards for the quality of the company's work, for a total of 13 awards - including an International Benny Award in 2014.

Westbrook Recreation Summer Concert Series

6:00 - 8:00 pm in July / 5:00-7:00 pm in August
Friday Nights at Westbrook Town Green

July 7	Nathan Ward Band	Music for everyone!
July 14	We "3" Trio	Oldies we all love to hear!
July 21	Trouble on the Playground	50s & 60s Danceable Rock!
July 28	Bad Moon Risin	Creedance/Fogerty Tribute Band!
August 4	Night Flight	Eagles, Billy Joel, Bon Jovi and more!
August 11	Number "9"	Beatles, Beatles and more Beatles!
August 18	After Midnight	Classic Rock Party
August 25	The Mark Fusco Band!	Motown, Jazz and Disco!

Each year we schedule many different bands to perform free concerts, every Friday night. These concerts provide a wonderful way for families, friends and relatives to come together and enjoy all the different varieties of music. We do our best to pick bands that will appeal to all generations and play all different types of music. Please feel free to bring a pizza, dinner or a snack and enjoy the wholesome experience. Don't forget your chair or blanket!

Sincerely Yours, The Westbrook Recreation Board



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Water Pollution Control Commission

The Water Pollution Control Commission (WPCC) is in the process of updating the town's current ordinance as it relates to the function and authority of the WPCC and the regulation of On-site Sewage Disposal Systems. The commission, in consultation with the Health Department, felt it was necessary to make some changes to the current ordinance to enhance its effectiveness. Westbrook is under orders from the Department of Energy and Environmental Protection (DEEP) to abate a pollution problem due to densely developed areas south of Route 1 and aging septic systems. Various plans to sewer the areas were not approved. Consequently, the WPCC adopted a Sewer Avoidance Approach in 2005. The goal of this approach is to keep on-site septic systems as the primary wastewater treatment type in town, to the greatest degree possible, while still protecting the environment and public health.

The ordinance gives authority to the WPCC and the Westbrook Health Department to create stricter regulations thereby facilitating the goals of the Sewer Avoidance approach. Some changes simply involved the elimination of unnecessary definitions, language changes and restructuring which will result in a more streamlined document that will be easier to understand. A public informational meeting will be held in the near future to hear comments and concerns from citizens. The ordinance is currently in the stages of review by the WPCC's attorney, the Board of Selectmen, DEEP and DPH. Following the informational meeting the WPCC would take into consideration the comments gathered and further fine-tune the ordinance. The next step would be a town vote. The dates have not been determined.

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TOWN GARAGE

185 Horse Hill Road, I-95 Exit 64
860-552-4496

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

Independence Day - July 4th
Labor Day - September 4th
Columbus Day - October 9th

2017 HOUSEHOLD HAZARDOUS WASTE COLLECTIONS AND PAPER SHREDDING SELECTED SATURDAYS

9 am - 1 pm
Essex HHW Facility
May 6th & May 20th
June 3rd & June 24th
July 15th
August 12th
September 9th
October 7th & October 28th

PAPER SHREDDING SELECTED SATURDAYS

9 am – 12 pm
June 17th
September 23rd
Essex HHW Facility
Rte 9 Exit 4, Dump Road, Essex
For Information: www.rivercog.org
Info@Rivercog.org
860-581-8554

REMINDER TOWN PASSES

Residents no longer need passes for the Transfer Station and Town Beach. Driver's License, mail or tax bill can be used as identification. Non-Resident Parking Pass can be purchased at the beach.

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Age-Related Vision Loss

Age-Related Macular Degeneration (AMD) is the leading cause of severe vision loss in adults over the age of 50. This eye disease occurs when there are changes to the macula, a small portion of the retina that's located on the inside back layer of the eye. Commonly, older people develop macular degeneration as a natural part of the aging process. AMD causes loss of central vision and it can occur in two forms: wet and dry.

With macular degeneration, you may experience symptoms such as blurriness, dark areas or distortion of your central vision, or permanent loss of your central vision. It usually does not affect your peripheral vision. For example, with advanced macular degeneration you could be able to see the outline of a clock, yet you may not be able to see the hands of the clock to tell what time it is.

The majority of people with macular degeneration experience the dry form, which does not have a known treatment, but many people benefit from a vitamin regimen. Unfortunately, vision loss cannot be reversed. The less common wet form may respond to lasers and medical injections if caught and treated early. Smoking and high blood pressure are often associated with the wet form of macular degeneration. If you have been diagnosed with dry macular degeneration, you should use a chart called an Amsler grid every day to monitor your vision. Dry macular degeneration can quickly change into the more damaging wet form. If you notice any change of vision, you should contact your ophthalmologist immediately.

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Lyrics by Stephen Sondheim
Based on a Conception by Jerome Robbins
JULY 5TH – JULY 30TH



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in collaboration with Bill Oakes
AUGUST 9TH – SEPTEMBER 3RD

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Run for Chris ~ June 24

Run for Chris with the Y 5K on June 24 in Essex, CT

Proceeds from the Run for Chris with the Y 5K supports the Chris Belfoure Memorial Fund at Community Foundation of Middlesex County. Honoring the memory and vision of Chris Belfoure, a 2005 graduate of Valley Regional High School (influenced by his own life altering experiences travelling and living abroad, Chris was passionate about encouraging others to broaden their own horizons) the fund benefits foreign language study abroad programs at local area high schools. It has awarded 5 travel grants to 142 students in the past 5 years.

Race information and registration at www.chrisbel4mf.com.



Note: Until June 2 - ages 14 and under free, group rate discounts (online only).

New this year... under 20 age group awards (<10, 10-14, 15-19). See you soon for a great Family-Fun Event!
Friends of Chris Belfoure Memorial Fund @CFMC

Department of Public Works

In accordance with CT DEEP regulations, the Town of Westbrook has registered for the new MS4 (Small Municipal Separate Storm Sewer System) permit. Please check out our new webpage dedicated to all things stormwater by going to www.westbrookct.us, and clicking on "Stormwater" under the QuickLinks listing. In addition to understanding what stormwater is and

why it's important, as we progress through the next 5 years of the permit term there will be suggestions for getting involved and ways you can help. Stormwater management should be a community effort to ensure a clean environment for future generations, so please consider volunteering – sponsor, organize or participate in a cleanup effort (beaches, parks, roadways,

etc.). Be cognizant of your own actions – do not litter, pick up after your dog, do not dump anything down storm drains, properly dispose of hazardous materials. These don't take much time or effort, but can have a significant impact on our local waters.



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"I think this is a great place to hide!"

Miss Mulvey photo by Catie Marino

Reminder Dog Ordinance

Dogs shall be permitted on any beach only between October 1 – April 30, provided they shall be properly leashed or on proper restraint. Please pick up after your dog.

Do you have diabetes?

It might be time to schedule your annual eye exam!



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

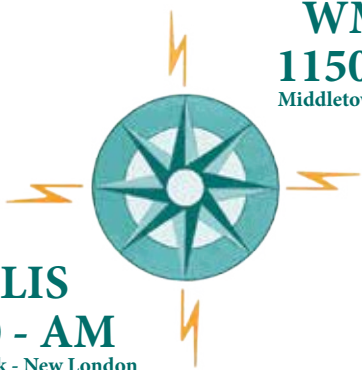
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Middlesex Hospital to Expand Cancer Services

Getting the best possible care close to home is essential for people fighting cancer. Middlesex Hospital recognizes this and is expanding the cancer services it currently offers.

This fall, a satellite Cancer Center will open at the Shoreline Medical Center in Westbrook. Medical oncology, infusion, radiation therapy and all the extra services that are available in Middletown will also be available in Westbrook. The difference: the new satellite center will mean easier access to care for patients who live in Connecticut shoreline towns. Cancer treatments can sometimes make patients tired or nauseous, and it can be difficult for them to travel. The satellite center will make their lives, and those who support them, a little easier.

Middlesex Hospital is known for its expert and dedicated staff, focused on providing patients with a compassionate, personalized treatment experience.

Specially trained advance practice nurses will guide patients through the treatment and rehabilitation process.

Additionally, Middlesex Hospital is a member of the Mayo Clinic Care Network. The experts at Middlesex Hospital collaborate with world-renowned Mayo Clinic cancer specialists providing patients with the best care possible, close to home.

Like the Cancer Center in Middletown, the satellite center will use the latest technology to diagnose and treat patients and will be accredited by leading organizations, including the American College of Surgeons Commission on Cancer and the National Accreditation Program for Breast Centers.

For more information, visit www.middlesexhospital.org, or call 860-358-2000.

Call today for a tour: (860) 345-3779

We are Part of a Wonderful Community

Richard and Ellen Klinck always wanted to be part of a real community—and now they are. The Saybrook at Haddam offers them a care-free and relaxed lifestyle, so they can fill their days visiting friends and family, and taking part in plenty of activities such as tai chi. The best part is no more chores and no more cooking.

For residents who need more assistance with daily living, the professional, experienced staff is ready to meet their needs.

Also featuring **Safe Harbor**, a special care neighborhood for residents with Alzheimer's or dementia.



Richard and Ellen Klinck enjoy tai chi and many other activities at The Saybrook at Haddam.



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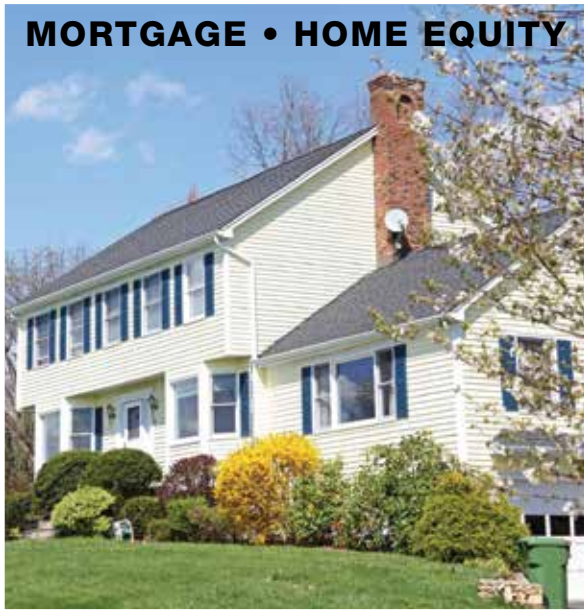


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