

Westbrook

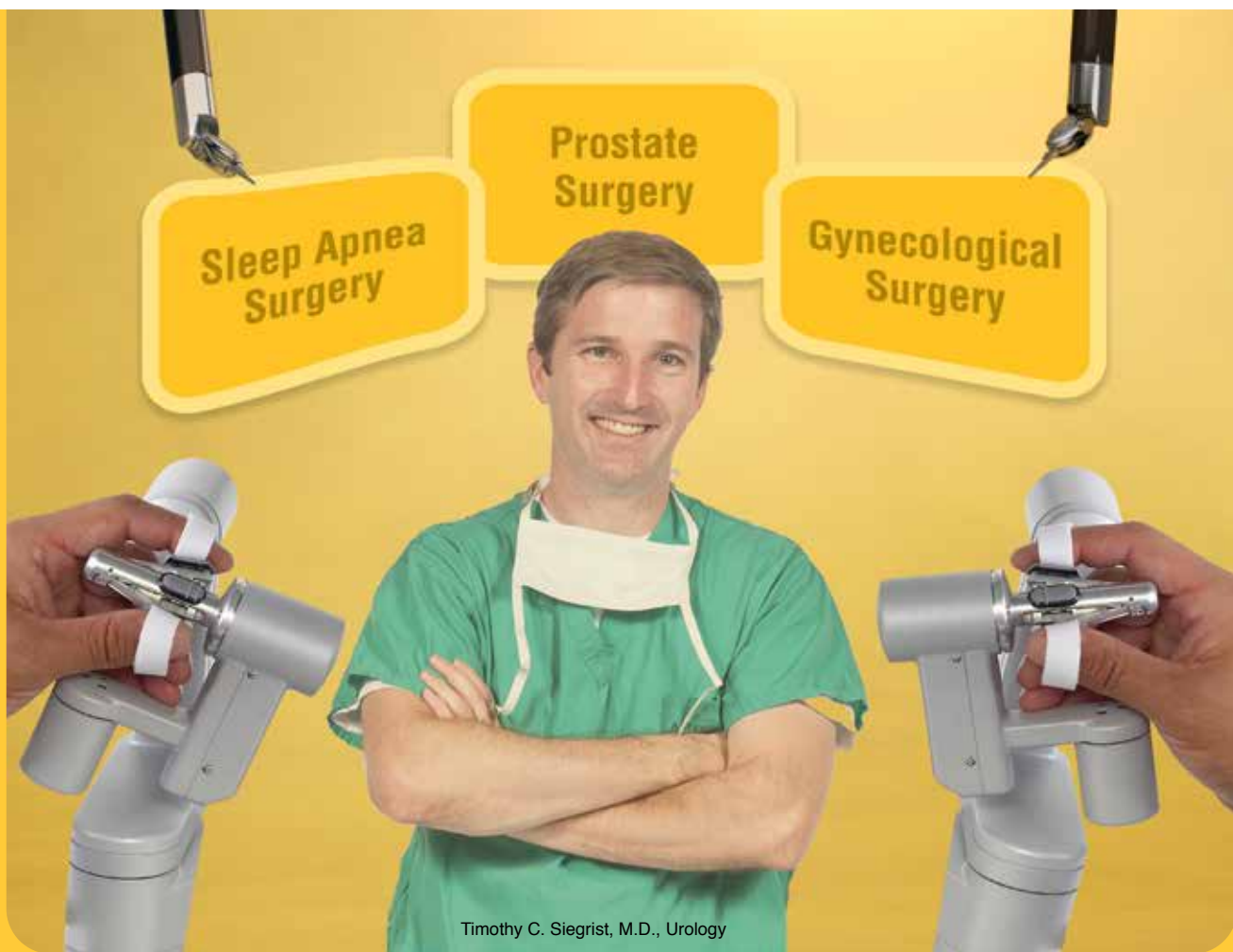


Events

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Volume 12 • Quarter 1 • 2012

In this issue:
Selectman's Corner
Westbrook Recreation
Youth and Family
Pet Safety
and much more!



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First Selectman's Corner

The Town of Westbrook is engaged in a variety of projects for 2012. In no order of priority, they are as follows:

- Our proposed new Town Garage, which is being relocated off Exit 64, Route 145, Horse Hill Road began almost a year ago. The construction of this facility was at no cost to Westbrook and it is moving forward in a timely manner. The Animal Control Shelter that was originally to be housed there is being relocated to Clinton. Accordingly, the towns of Clinton, Killingworth and Westbrook will all benefit from this regional shelter.

- On January 6, 2012, Governor Malloy and DOT Commissioner Redeker were present to participate in the ground breaking ceremony for the new train station. The Governor, in his comments, praised the Town of Westbrook and many others who have made, with the help of a \$14.5 million grant from the state, a major commitment to rail transportation. This new train station will enhance the visibility of our community. If you are interested in what it will look like, take a drive to Guilford and notice their train station. It is a mirror image of that station and is expected to be completed in April 2013.

- Your municipal government is always interested in ways that we can increase service to our residents at minimum or no cost. Beginning earlier this year, if you've gone to the Landfill, you will notice that any electronic waste you may have can be

left at the site; thus saving you \$40 per car if we had maintained the former arrangement with the Town of Essex. As of January 1, 2012, the savings to our residents was in excess of \$20,000.

- The 2012/13 Budget process is well underway. Our Finance Director, Andrew Urban, with information from all municipal departments, has prepared the budget as requested by the Board of Finance in early January. Budget hearings were held in January and February to meet with all departments before sending the Budget to the Board of Finance for their review and ultimately to public hearings and a referendum. All of the prepared budget material is available in the Town Hall.

- We have received several letters of appreciation for the work that our Public Works Department did cleaning up from Tropical Storm Irene and related damages to our town. Special thanks to Eugene Cieri who coordinated all of the applications that were sent to FEMA for approximately 75% of all of our reimbursements for clean-up of the storm.



First Selectman Noel Bishop

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Ground Breaking Ceremony for the Westbrook Train Station



Pictured above Governor Malloy, Commissioner Redeker and Representatives from Westbrook at the Ground Breaking Ceremony for the Westbrook Train Station, Friday, January 6th. Governor Malloy addressed the audience and commented on the importance of public transportation and the benefits for Westbrook.

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New Single Stream Recycling

Westbrook Transfer Station

Beginning Saturday, January 21, 2012, at no cost to residents, the Transfer Station will now take single stream recycling items including: bottles, cans, newspapers and plastics. All items will be placed in the same container.

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• *First Selectman continued from page 1* •

• I encourage all of you to, on a regular basis, access our town website. You will notice that there are many enhancements to that site that contain a lot of information, including reports from Vision Appraisal who completed their property revaluations in the late Fall. In January, letters were sent to over 220 individuals who had some concerns about their revaluation.

• On January 26, a major strategic planning session was held for the chairmen of all Boards, Committees and Commissions, Town Hall employees, school personnel, area legislators, the chairman of our Chamber of Commerce, and many others who have an interest in determining what are the specific requests/objectives that each Board or Commission may have for the community. Professional grant writers were available and whenever possible, the Town will seek funding for grants or, if appropriate, include in our town budget. A similar session was held four years ago. If you were to look at all of the requests that were made at that time, except for two items, every priority has been accomplished in the last four years. Our meeting on January 26 is a step moving us into the future. The results of that planning session are available in the Selectman's Office.

• I am very pleased to report that, at no expense to the town, Southern Gas has laid a gas line up Pond Meadow Road to our high school. This new service is important since our school system

needs to replace existing school boilers with gas fired furnaces.

• Over 16 months ago, a Charter Commission was appointed by the Board of Selectmen. The Commission, chaired by John Ferrara, has met diligently for many months. After two public hearings by the Commission and one public hearing by the Board of Selectmen, their final Charter was submitted to the Board of Selectmen for their comments on January 30, 2012. Understandably, this is a major document and information on the status of the Charter can be found on the town's website or by calling the Selectmen's office.

• The safety of our citizens is a major concern. To that end, we have added two new part-time constables to our staff; thereby increasing enforcement services that our constables and our 3 state troopers provide 24/7 to Westbrook residents.

• There has been increased cooperation between our school personnel and the municipal government. We now have one common financial software package that we all benefit from, bids and quotes on major services, including our insurance contracts, are carefully reviewed by both entities and there are many other ways that the town and the school system are cooperating with shared resources and saving considerable expense.

• The Middlesex Clinic, currently located in Essex, will be building a new facility in Westbrook on Flat Rock Road off Exit

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• *First Selectman continued from page 3* •

65. This is a major initiative and will benefit not only Westbrook but many other regional residents. It is anticipated to be completed in October 2013.

Finally, I would like to direct your attention to the following article, by Becky Coffey, that appeared in the Harbor News on December 12, 2011. It addresses one of the most often asked questions that our residents have as a result of the recent revaluation.

— *First Selectman Noel Bishop*

When Values Go Down, Do Owner's Taxes Decline?

Originally published in the Harbor News

Westbrook – With most homeowners seeing an average of a 15% decline in their property's value compared to five years ago, many assume that their property taxes will also go down. But this may not be—and usually is not the case.

If all town properties' values declined by the average of 15%, to collect the same dollar amount of property tax revenue this year, the town would have to increase the property tax rate known as the mill rate. The following example helps to illustrate this principle.

In 2010, the town's Board of Finance set the mill rate at 16.96 mills per \$1,000 in assessed property value. For a residential property with an assessed value of \$300,000 in 2010, that meant the homeowner paid \$5,088 in property taxes.

Now consider what happens if the same property's assessed value in the revaluation dropped by 15% from \$300,000 in 2010 to \$255,000 in 2011.

In this hypothetical scenario, if the Board of Finance in June 2011 were to increase the 2010 mill rate by three mills to 19.96 mills, how much would this homeowner pay in 2011? Would the higher mill rate mean that his or her 2011 property tax bill would rise?

The answer is no.

Using the formula for calculating property taxes, the value of \$255,000 is multiplied by the new 19.96 mills per \$1,000 rate to find the 2011 taxes this homeowner owed. Comparing the two tax years' bills the new 2011 tax amount of \$5,089 due is equivalent to the \$5,088 due and payable in 2010.

So even though this hypothetical property's 2011 value is 15% below its 2010 value, even a rise of three mills in 2011 to 19.96 mills would not substantially change the property tax bill between 2010 and 2011.

– *Becky Coffey, Harbor News Staff Writer*



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Lots of potential! Needs some TLC, spacious yard on .67 level acres. Mature plantings. Needs finishing touches. Close to Marinas, town center, library, shopping, town beach, and fine restaurants. Must see interior.



Legislative Update from Representative Jim Crawford

The 2012 legislative session began the first week of February. In even numbered years, its length is just twelve weeks. However, what this session lacks in longevity, it will more than make up in debate.

Governor Malloy has determined that the primary focus for lawmakers will be on education issues. Addressing the achievement gap and funding inequities will top the agenda.

I am particularly pleased that results have been made available on a major investigation of Special Education. Delivery systems, state and federal commitments to funding program costs, identification of special needs students, and the effectiveness of current services are the key components of the report.

It has been my position that the state and federal governments must step up their contributions to this critical segment of towns' education budgets. Increased cost sharing would ensure consistent and appropriate availability of resources to all children. Our towns are far too vulnerable to sudden spikes in special education costs due to unanticipated placements or newly identified needs. These children, and their parents, deserve the best we can offer. With current state and federal funding at their lowest levels (under 38%), the burden falls unfairly on local taxpayers.

I also anticipate considerable debate on proposed changes to Education Cost Sharing (ECS). This is the state's contribution to each town for education. The property tax cannot continue to be the sole source for school expenses. This burden

stretches our citizens' budgets beyond acceptable levels. It's my hope that the state government assumes the responsibility required to deliver quality education by reallocating its spending priorities.

Expect to see, additionally, news about teacher evaluation accountability, enhancement of the state technical schools and colleges, early childhood availability, and the length of the school year. It should be a very busy few months.

As always, I welcome your comments, suggestions, and feedback. Please contact me whenever you feel I can be of assistance.



Jim Crawford

*Best wishes for 2012,
Jim*

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William E. McMinn

CFO / Manager
Suzanne Spire

Editor / Art Director
Kathy Alsop
kathy.events@comcast.net
860-391-4372

Advertising Sales
Ward Feirer
wfeirer@gmail.com
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When It Snows...

During winter storms, cars parked on town-maintained roads that interfere with the Highway Department's plowing or sanding operations are prohibited. Vehicles parked in violation will be towed at risk to the owner according to Section 11-42 of the Westbrook Town Ordinances and a fine for each violation.

Residents should also remove portable basketball hoops from roadways during winter months.

The town will not be responsible for damage to mailboxes caused by snow or slush from town plows. All mailboxes should be fastened securely to sturdy posts anchored in the ground. The bottom of the mailbox should be between 42 and 48 inches from the ground.

– John Riggio, Public Works Director

News from Events Magazines

Events Magazines is under new management. With this change comes the opportunity to bring fresh ideas and new features to our advertisers and business partners. We plan to offer new magazine features including special events focus pages, business spotlight pages and merchant/group ad pages. We will add website advertising and client links. You can look forward to the same outstanding service, hard work and strong business relationships we have already developed.

Sincerely, Bill McMinn

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WESTBROOK \$327,900 - Set on 3.13 acres this home offers great living space with several updates. Master bedroom/full bath. Great closet space-possible in-law setup in lower level. Enjoy the privacy of the setting from the screen porch and deck. Sarah Marcinek ext. 209.



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In the best of times cats are abandoned, so you can imagine the record numbers arriving at the Forgotten Felines shelter, due to current economic stress and sheer desperation. If you have thought about adopting a cat or kitten, please consider giving one of the Forgotten Felines a secure and loving home. With one look into a grateful whiskered face, your kindness will be returned many times over.

Forgotten Felines is a non-profit, no-kill shelter in Westbrook, run entirely by volunteers and supported solely by contributions. Its mission is to stop the proliferation of homeless cats in the surrounding communities. Rescues include feral, pregnant, and injured cats, all abandoned and left to fend for themselves; no food, clean water or shelter. The result is not a pretty picture. Many rescued cats and kittens are on the brink of death from deep bite wounds, flea infestations severe enough to cause anemia and unfortunate collisions with motor vehicles. All the cats at the shelter are spayed or neutered, given thorough examinations, vaccinated, and tested for fatal feline diseases.

Every morning and evening, volunteers arrive at the shelter to feed, medicate, scoop litter boxes, vacuum and wash bedding. Between feeding shifts, other volunteers socialize with the cats to encourage human interaction and to prepare them for their adoptive homes. Foster parents in private homes provide love and care for pregnant moms and their resultant



If you have thought about adopting a cat or kitten, please consider giving one of the Forgotten Felines a secure and loving home.

kittens and for special needs cats. Some of it is hard work, but at the end of the day, when the cats are cleaning their faces and settling down into clean soft beds, it is difficult not to smile in satisfaction.

If you love cats please consider adopting one from Forgotten Felines. If you cannot accommodate one in your home, please consider volunteering. There are many ways to contribute your services, including fundraising, helping with the newsletter and mailing, making runs to pick up supplies and taking cats to vet appointments.

If you would like to help or make an appointment to adopt a cat, please call 860-669-1347. You can find out more about Forgotten Felines at www.forgottenfelinesct.org. Contributions are tax deductible.

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Senior Travel

March 6 – The Irish Rovers at the Log Cabin, MA, \$83, Family-style lunch - corned beef/cabbage, salmon, O'Brien stew.

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Westbrook Recreation Department Winter & Spring Update

Winter programs are presently underway with all the Youth, Adult and Senior Classes! Senior Aerobics, Pilates, Yoga and Zumba classes have a large number of residents staying fit in the new year. Belly Dancing classes are the new fitness program we have provided this year. If you are interested, it's not too late to join any of our winter classes and programs.

Children are enjoying Basketball, Volleyball, Floor Hockey and Karate during this long winter season. We have basketball classes for boys and girls ages 4 to 14 years old. Our Middle School Basketball league offers an opportunity for all boys and girls to enjoy a team sport in a stress-free setting. Girls Middle School Volleyball is one of our new programs this year. We also have Youth Floor Hockey programs for children of all ages. Floor Hockey is easy to learn, a great workout and lots of fun for all boys and girls. As always, we will prorate programs for all latecomers and we do accept nonresidents.

Days are getting longer and warmer, so Spring is just around the corner. That means it must be time to register for our Summer Day Camp! Open registration starts on February 1st and is done on a first come basis. Sign up soon or your children may miss out on all the Summer Camp Fun! We register only 75 campers each week so space is very limited. Please call our office with any questions.

Our Tot T-Ball program has children from all over the shoreline participating in this springtime favorite. We introduce baseball to children as young as 3 years old, for their first big league experience. We teach your child how to properly throw, catch and hit a ball while having a fun time doing it. It's an interactive program that's fun for parents and children alike. Parents should oil their old baseball gloves and get ready for the baseball season!

The Bunny Breakfast will be held at 8:00 a.m. until 11:00 a.m. on March 31st at the Daisy Elementary School. This is an important fundraiser for the Westbrook High School Senior class trip and insures that our seniors will have a fun, memorable and safe graduation night. Please support this worthwhile cause! Our own Westbrook Recreation Easter Egg Hunt will also be held on March 31st. Our Egg Hunt will be at the Daisy baseball fields and will start promptly at 12:30 p.m. We will have it inside the school if weather conditions are not good or the ground is wet or snowy. Our event is totally free to the public, because of the support of local businesses.

We are still conducting bus trips to popular destinations all around New England. Enjoy one of our trips instead of stressing out fighting the traffic. Our first spring trip is on February 25 in Providence, Rhode Island. The Rhode Island Flower & Garden Show will bring back memories of Spring and Summer. Escape winter and enjoy a free lunch prepared by the chefs of Johnson & Wales Culinary School.

Our second trip is our New York Food and Markets Tour. This trip is an annual favorite that you don't want to miss! Embark on an in-depth learning experience of New York neighborhoods, their history and culture, through food! A tour guide will accompany you through Chelsea Market, China Town, Little Italy and Arthur Avenue. Please register as soon as possible because space is very limited.

Our Tenth Annual Westbrook Family Day will be held on June 9, 2012 (rain date June 10th), at the Town Green. Westbrook Family Day has also become known to many friends and families as the annual Westbrook Town Picnic. Be sure to mark this date on your calendars for a fun-filled day of rides, entertainment, food and, most of all, for the funny clowns. This event is also brought to you through the generous donations of many businesses from our shoreline and is totally free to the public. Not one cent of taxpayer dollars will pay for this event. Please call Rich at 860-399-3095 if you wish to make a donation or volunteer the day of the event.

Westbrook Recreation Mission Statement

The mission of the Board of the Westbrook Recreation Department is to develop, operate and maintain a recreation department that enriches the quality, accessible facilities, programs and services. Our mission will be met by offering passive and active recreational opportunities that are desired, educational and diverse. Our programs will benefit tots, youths, adults and seniors in a spirit of fellowship and community pride.

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Bringing Relief to Patients with Chronic Sinusitis

Headaches come in many forms and occur for many different reasons. They often come with the change of seasons, due to allergies or infections that may result from the common cold. However, many people have a condition called "chronic sinusitis," that causes them severe, ongoing pain and/or pressure in the forehead and the middle of the face. Now, Middlesex Hospital Ear, Nose and Throat specialist, Howard Boey, M.D., is using an advanced technology that can relieve these symptoms.

Sinusitis occurs when the linings of your nose, sinuses and throat become inflamed, possibly from a pre-existing cold or allergies. Chronic sinusitis can occur when this inflammation lasts three months or more.

Common symptoms include: facial pain or pressure, difficulty breathing through your nose, discharge of yellow or green mucus from the nose, pain in your teeth, loss of the sense of smell or taste, headache, fatigue, sore throat, or bad breath.

In the past, there were two options available for patients suffering from chronic sinusitis — medical management of the condition through the use of medications or injections, or invasive surgery that involved removing bone from the nasal system to open the sinus passages. This procedure can be very painful and require extended recovery time. For some patients, neither of these treatments provided a permanent fix.


Dr. Boey is now providing a brand new option at Middlesex Hospital for those suffering with chronic sinusitis called, "balloon sinuplasty." It is a minimally invasive procedure that opens the sinus passages and provides relief from the pain and pressure associated with chronic sinusitis.

During the procedure, inflamed sinuses are opened in essentially the same way that doctors open up blocked arteries during a heart procedure called balloon angioplasty. A balloon catheter is inserted into the inflamed sinus and then inflated to expand the sinus opening. Fluid is sprayed into the infected sinus to flush out pus and mucus. The balloon is then removed, leaving the sinuses open to drain and relieve sinus pressure.


According to Dr. Boey, "The balloon procedure provides a much quicker, less invasive way to treat chronic sinusitis. Patients recover in less time, with less pain and those who meet the criteria for this type of surgery experience longer-lasting relief from their symptoms."

To learn more about Dr. Boey's balloon sinuplasty procedure, he can be contacted at Southern New England Ear, Nose and Throat Group, at the following locations: 51 South Main Street, Middletown, CT 06457, (860) 344-0055; and 669 Boston Post Road, Guilford, CT 06437, (203) 458-6181.


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Westbrook Youth and Family Services, Inc.

Holiday Thank You. We continue to be amazed by the generosity of this community. So many of you stepped forward to sponsor a family in our Holiday Giving program, donate to our Thanksgiving Basket program or help Stuff a Cruiser for the Toy Drive. Thank you to all the donors who made a difference for over 100 Westbrook families this holiday season.

Lights on Westbrook: Mark Your Calendar. Oxford Academy is hosting "Lights on Westbrook," a photography exhibition highlighting works of local photographers. Please join us the evening of March 10th to enjoy this exhibit with food and friends and the chance to take home one of your favorite photographs! Professional or amateur photographers are invited to submit. \$25 tickets can be purchased at WYFS or Oxford Academy. Call 860-399-9239 ext 15 for more information. Proceeds benefit Westbrook Youth & Family Services.

Counseling Services. Often families need a little extra support. From bringing home a new baby home to launching children off into adulthood, parents and children face challenges throughout life. Our clinical staff is here to help your family through life's transitions and challenges. Individual, couples and family counseling services are available to anyone needing support. We offer a sliding scale fee and nobody will be turned away regardless of ability to pay. Please call 860-399-9239 to make an appointment.

Lil' Tykes. Ongoing Weekly: Tuesdays and Wednesdays 9-10:30. This free drop-in playgroup for children newborn

through 5 and their caregivers gives you a chance to play, interact, and explore with your little one while talking with other adults. Come play with us!

Kids N Motion. Thursdays March 8 - May 3, 9:15-10 am. Created by Laura Langston, this enjoyable music and movement class is designed to introduce children to the exciting world of creative movement. This class will encourage children to move, discover and express themselves in a highly cooperative environment. Classes will incorporate both music and movement using props such as rhythm sticks, streamers and shakers, as well as large muscle activities like balls, hoops, parachutes and obstacle courses. Caregivers are encouraged to join the fun! Ms. Langston has been offering these classes to children in Southern California since 1985, and we are excited to introduce this unique program to Westbrook families! Fee: \$30. Register early to ensure a spot: www.wyfs.org/programs

Women's Divorce Support. Thursdays, March & April 12, 6:30-7:30 pm. A support group for women in transition. Receive and offer support around the emotional, financial and interpersonal challenges women face as they move into a new phase of their lives. Fee: \$30. Registration required. Visit www.wyfs.org/programs to register.

Create Your Future. Tuesday, March 27 and Tuesday April 3, 6-8pm. Do you need a new vision for your life? Sometimes we spend all our energy just getting through the day-to-day and don't find time to focus forward and decide where we really want our life to go. Join us for a 2-night hands-on seminar designed to help you dream your ideal future and create a plan for getting there. Fee: \$10 to cover materials for creating a "vision board." Registration required and space is limited. Visit www.wyfs.org/programs to register.

Mother-Daughter Night Out. Wednesday, April 25, 6:30-8:30. Get ready for change! Mothers and their daughters in 4th, 5th or 6th grade join us for a fun, informative night designed to give girls a better understanding of the changes their bodies will go through during puberty – and their moms a better

continued on page 13



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dropped off will be brought to
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MISS MULVEY



“Nobody will ever think of looking for me in here!”

• *Youth & Family continued from page 12* •

understanding of how to face the challenges of mothering them. Topics will also include maintaining a positive body image and how to deal with difficult situations that may arise during this dynamic time. This event is facilitated by Patty Cournoyer, a health teacher who has led mother-daughter groups throughout the Shoreline. The \$20/couple fee covers the evening’s handouts, goodie bag and dessert. Registration is required and space is limited, so visit www.wyfs.org/programs today.

ASD Adventure Program/Parent Support Group. Thursdays, March 15-May 10, 4-5:30 (no meeting Apr. 12), at Bushy Hill Nature Center, Ivortyon. For: Children 7-17 with Autism Spectrum Disorder or other diagnosed disability, WYFS’s popular Adventure Program offers participants the chance to explore the wonders of nature and the power of friendship at the same time. Each week, a nature expert leads the children in “challenge by choice” adventures, allowing the children to discover both the world around them and the world within. Our Marriage and Family Therapists and Therapy Interns provide support. Parents are invited to meet for group support while the children participate in camp. Fee: \$350. Registration is required and space is limited, so visit www.wyfs.org/programs today.

Resources. The WYFS website now features a directory of social service, mental health resources, substance abuse support and parenting/education information. Visit us at www.wyfs.org and click on “Resources.” Our thanks to the Westbrook Foundation for supporting this new online resource for Westbrook’s families.

Stop by and pick up your 2012 calendar...



and a lollipop!

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Estuary Council

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

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

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

ST. PATRICK'S DAY LUNCHEON: Thursday, March 15 at Noon. Corned Beef and Cabbage Dinner. Reservations Only. (Reservation cutoff date is March 8th at 11 am)

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

STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION For medical appointments, to any medical location beyond the nine-town estuary region. Call Judy at 860-388-1611. Suggested donation of \$35.

CAFÉ MEAL SITES - Westbrook (Thursdays), Old Saybrook, Old Lyme, Clinton and Chester. Reservations required by calling 860-388-1611 by 11 am, 24 hours in advance.

SATURDAY FAMILY BREAKFAST at the Old Saybrook Café, 8 am - noon. Join us on Saturdays for made-to-order breakfast, just \$5.00 per person! Menu choices include the Estuary Omelet, Pancakes, Oatmeal, or Eggs any style. All served with home fries and bacon or sausage, juice or fruit, coffee and milk.

MEALS ON WHEELS - hot meals delivered to your home. Call Diane at 388-1611. A \$3.00 donation request for those aged 60+ ; otherwise cost is \$6.25. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

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

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

VOLUNTEER OPPORTUNITIES: Call Judy at 860-388-1611.



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Nine Town Transit is Operated by the
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Cookie Platoon

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

We meet every other month or so to pack cookies for our troops. It also gives us a chance to make friends and to share the fulfillment that comes from knowing we're helping to make the tough work of our soldiers just a little bit easier.

The next event will be **March 10, 2012**. Our shipment/packing party will be at the Whelen Engineering, located at 51 Winthrop Road in Chester. Cookies may be dropped off beginning at 9:00 a.m. For more information go to www.cookieplatoon.com.

WESTBROOK NEWCOMERS' GUIDE

Welcome to Westbrook!

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

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

BUSINESS & PROFESSIONAL SERVICES

USEFUL NUMBERS

MIDDLESEX COMMUNITY FOUNDATION . . . (860) 347-0025
 GEORGE FLYNN CONCERT (860) 669-1208
 CONSUMER PROTECTION (860) 566-2294
 WESTBROOK GARDEN CLUB (860) 399-8963
 9 TOWN TRANSIT (860) 510-0429
 VISITING NURSES OF WESTBROOK (860) 399-3088
 FIRST CONGREGATIONAL CHURCH
 OF WESTBROOK (860) 399-9367
 ST. PAUL'S EPISCOPAL CHURCH (860) 669-7681

IMPORTANT TOWN HALL NUMBERS

ASSESSOR (860) 399-3045
 BUILDING/SANITARIAN (860) 399-3047
 ANIMAL CONTROL OFFICER (860) 399-9869
 EMERGENCY MANAGEMENT (860) 577-0622
 WEB SITE www.westbrookem.com
 HARBOR MASTER (860) 399-9406
 LANDFILL (860) 399-6356
 MUNICIPAL AGENT FOR THE ELDERLY (860) 399-3048
 PROBATE COURT (860) 399-5661
 RECREATION (860) 399-3095
 REGISTRAR OF VOTERS (860) 399-3042
 SELECTMAN'S OFFICE (860) 399-3040
 SOCIAL SERVICE (860) 399-3048
 TAX COLLECTOR (860) 399-3043
 TOWN CLERK (860) 399-3044
 TOWN GARAGE (860) 399-6891
 TOWN WEB SITE www.westbrookct.us
 TREASURER (860) 399-3040
 WESTBROOK SENIOR CENTER (860) 399-2029
 WESTBROOK YOUTH & FAMILY SERVICES (860) 399-9239
 ZONING/PLANNING/WETLANDS (860) 399-3046

SCHOOLS

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

HOME HEALTH CARE

VISITING NURSES OF WESTBROOK (860) 399-3088

AMBULANCE & OXYGEN

BUSINESS CALLS (860) 399-7000

FIRE DEPARTMENT (860) 399-9492

FIRE MARSHAL

BUSINESS CALLS (860) 399-3047

POLICE DEPARTMENT

RESIDENT TROOPER (860) 399-7304

STATE TROOPER (860) 399-2100

LIBRARY

WESTBROOK PUBLIC LIBRARY (860) 399-6422

ATTORNEYS

POLITO & QUINN (860) 447-3300

WILLIAM L. BOUREGY (860) 526-8777

AUTO SERVICE

AUTO SERVICE OF OLD SAYBROOK (860) 388-6838

CARDONE & DAUGHTER AUTOMOTIVE INC. (860) 664-0727

WESTBROOK AUTO (860) 399-6234

BANKS

ESSEX SAVINGS BANK (860) 388-3543

FIRST NIAGARA (800) 421-0004

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CONCRETE

WESTBROOK CONCRETE BLOCK CO (860) 399-6201

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FITNESS

VALLEY-SHORE Y (860) 399-9622

HOME IMPROVEMENT

BUDGET BLINDS OF OLD SAYBROOK (860) 399-6442

THE PAINT SHOP (860) 388-2345

HOSPITALS

MIDDLESEX HOSPITAL 1 (855) 643-6271

OR VISIT www.middlesexhospital.org

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CENTER PODIATRY (860) 676-3668

PRINTING

ESSEX PRINTING (860) 767-9087

REAL ESTATE

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COLDWELL BANKER JH&H (860) 399-7202

CUSHING GROUP (860) 581-8262

TEAM JERMAINNE (860) 662-0230

TRANSIT

9 TOWN TRANSIT (860) 510-0429

Want to be listed on the Newcomers' page?

Call Ward Feirer at (914) 806-5500

Pet Safety During the Winter Months

This time of year, dropping temperatures and arctic winds cause us all to be a bit lazier than normal and want to hibernate, and our pets are no exception. We must keep in mind however, it is just as easy for our pets to pack on extra pounds during winter's inactivity as it is for humans. Just as we do for ourselves, we need to watch our pet's food intake, and keep treats to a minimum. Increasing inside playtime with your pets will also help to keep you and your pets fit and healthy. There are plenty of fun things you can find to do with your pets indoors to keep them (and you) active and to fight off those winter doldrums. Remember that 5 extra pounds on a dog that should weigh 30 pounds is equivalent to a 180 pound human gaining 30 extra pounds.

Dry skin can also be a problem this time of year for all of us. Feeding a premium quality food and using a food additive or vitamin supplement rich in fatty acids will alleviate your pet's dry, flaky skin and help to reduce shedding, while keeping their coats shiny and healthy. Nutritional supplements also aid in the management of any allergies your pet may suffer from. Reactions to common allergens such as dust and mold are typically manifested in animals by skin problems, resulting in dermatitis, which is exacerbated by the harshness of the season.

Pet owners need to pay close attention to the paw pads, which are more sensitive than we tend to think. Be aware of ice, sand and salt that can cause irritation and dryness,

leading to cracks in the pads and extreme discomfort for your pet. When coming in from outside with your pet, after you stomp the slush off your feet, you should make it a point to check theirs as well.

Extremely short coated animals need to be protected from very cold temperatures as well. Despite their natural fur coats, dogs and cats are just as susceptible to frost bite as we are, especially their ears and tails. If you need to bundle up before going outside, your pet might too! For those of you who enjoy outdoor winter activities with your pets, please remember that our pets are not wild animals. They are used to living with the same comforts that you enjoy. If you're cold and uncomfortable, chances are that they are too.

Town Hall Closed

April 5th @4:00 P.M.

April 6th - Good Friday

May 28th - Memorial Day

Troopers Recognized



Pictured above are Trooper Hart, Sgt. Trooper Calvo and Trooper Inglis.

Friday, January 20th, Troop F invited all Selectmen and appropriate staff to a meeting, to review the services that Troop F provides to its respective municipalities. Lieutenant Governor Nancy Wyman was present and commended Troop F for its distinguished service to the Shoreline Communities. Sgt. Trooper Calvo of Troop F was awarded a citation for outstanding leadership and service. First Selectman Bishop from Westbrook commended Troopers Hart, Inglis and Buck for their outstanding service to Westbrook.

Thank You!!

As we approach the end of 2011 and look forward to what will come in 2012, we'd like to take this opportunity to thank all our clients over the past 12 years who have let us help them buy, sell, rent and starting this year -- build their homes. We appreciate the confidence and trust you put in us when we all work together. We really feel that TeamJermaine isn't just Brian and Leslie, but each client becomes a member of the team that is needed to get the job done.

The market certainly has changed over the past few years, and we're pretty sure it will continue to change in the future. We'll keep on top of it, so we understand what is going on out there, and how it will affect all our clients. Our motto for the future is "Keep It Simple". We want to make sure that we understand the needs of each client and that each client understands their options and their transaction fully and simply. We're sure it will be another interesting year, and we hope to see you!



Brian Jermaine, ABR, ASR, CRS, ePRO, GRI, SRES, SRS
Broker/Owner
Brian@TeamJermaine.com

Leslie Jermaine, ePRO
Realtor
Leslie@TeamJermaine.com



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www.TeamJermaine.com

All Nonprofit Organizations Invited to Post Volunteer Opportunities to Free Online Matching System

Middlesex United Way is inviting local nonprofit organizations to post volunteer opportunities through its free online matching system; Volunteer Solutions. Volunteer Solutions can help local nonprofit organizations meet the increased demand for services by matching more than 500 registered users to opportunities that align with their interests, skills, and time availability. Visitors to the site will find the perfect organization and cause to donate their time to and truly make a difference.

“Middlesex Habitat for Humanity is proud to be a partner with Middlesex United Way Volunteer Solutions” said Jack Doyle, Volunteer Coordinator, Middlesex County Habitat for Humanity. “We get many referrals which turn into great volunteers for both ReStore and at construction sites. The system is easy to work with and provides great results.”

Nonprofit organizations looking for volunteers can use Volunteer Solutions to create one-time or ongoing opportunities, manage referrals, and record volunteer hours. Volunteers can also register and search the site by keyword, agency, or length of volunteer commitment.

Some examples of the opportunities that are currently available include:

- American Red Cross, seeking Blood Drive volunteers.
- Estuary Council of Seniors in Old Saybrook, seeking volunteers to sit on their board of directors.
- Middlesex Habitat for Humanity, searching for individual & group volunteers for build projects.
- St. Luke’s Eldercare Services in Middletown, looking for volunteers to assist their clients with weekly grocery shopping.

To register, visit www.middlesexunitedway.org and click the “VOLUNTEER” link. For information, call Matt at 860.346.8695 or email matt.plourde@middlesexunitedway.org.

Middlesex United Way is advancing the common good by creating opportunities for a better life for all. Our focus is on education, income, health and housing – the building blocks



United Way volunteers take action to create lasting change in their communities.

for a good quality of life. United Way recruits people and organizations that bring the passion, expertise, and resources needed to get things done. You are invited to be part of the change by giving, advocating and volunteering. That’s what it means to Live United.

Middlesex United Way is a locally-based organization serving the towns of Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Old Saybrook, Portland, and Westbrook.

Long Term Care Services and Supports

Aging and Disability Resource Centers

Most people will need assistance with activities of daily living at some point in their lives, whether due to aging, injury, illness or disability. Knowing what kind of help is needed and available and how to obtain it is not an easy task. Whether you need help now or are exploring future options for yourself or a loved one, this web site can assist you.

The goal of this web site is to provide you easy access to comprehensive information on private and public long-term care (LTC) services and supports in Connecticut, including: Home Care, Community Care, Housing, and Residential or Nursing Home Care. Helpful information is also available for

those who provide care and for people interested in the options for planning for their own future needs.

It’s important to know you are not alone. There are many resources and organizations to assist you. Go to www.ct.gov. Click on Living, then Long Term Care. If you can’t find the information you need on this website:

- Call Infoline by dialing 2-1-1
- Call CHOICES at 1-800-994-9422, if you are 60 years of age or older, or want to acquire information on services and programs for individuals 60 and over

www.ct.gov

A Westbrook Foundation Grant

St Paul's Episcopal Church can proudly celebrate 100 years in town, now that it has a very attractive, new, handicapped accessible walkway, thanks in part to a \$10,000 grant from the Westbrook Foundation.

The Foundation was started in 1984 by Barbara Spencer, who was a dedicated parishioner of this historic church.

"I know she is smiling proudly about this project," says Chairman of the Foundation, Joanne Marino-Murray.

"This project's total cost was \$16,000, we would not have been able to do it without the generous contribution from the Westbrook Foundation that we are extremely grateful for," said Senior Warden of the Church, Dave Cahill.

He added, "The church is used by several other organizations, clubs and groups in town so this is a huge benefit for everyone who needs access to this building."

In addition to installation of the new walkway, the project included moving the septic system, building a retaining wall, putting in railings, lights and plantings, as well as the beautification of the back of the church area.

"Putting in the wall, plantings and lights has been an ongoing project of the Eagle Scouts in town," explained Cahill. "We will be finishing up the final touches on everything this spring and we all hope that Barbara Spencer would be very happy with what we are doing here."

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Westbrook Foundation Grant Applications

The Westbrook Foundation is currently accepting grant applications for the upcoming season. The application deadline is April 1, 2012. All grant applications will be reviewed by the Westbrook Foundation Board of Directors and must include the need for the project and its uniqueness. For more information, go to www.westbrookfoundation.org.

Marino-Murray explained, "The mission of the Foundation is fulfilled when a project complies within our grant guidelines and the plan is completed according to the outlined specifics. This project was visible and is being completed in an attractive manner."

This project fit perfectly into the Westbrook Foundation's mission, which is to receive and administer funds and other property to help meet the medical and educational, social, welfare, cultural, recreational, and civic needs of the citizens of the town and to distribute available funds in a manner calculated to bring the greatest possible benefit to the residents of Westbrook.

For more information about the Westbrook Foundation, applying for grants or scholarships, go to www.westbrookfoundation.org.

– Karena Garrity

Town Garage: New Location

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Fax: (860) 524-7395

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(860) 702-3300
E-mail: Comptroller.Lembo@po.state.ct.us

Attorney General George C. Jepson
55 Elm Street, Hartford, CT, 06106
(860) 808-5318

State Representative James Crawford
35th District
(Clinton, Killingworth, Old Lyme)
State Capitol
Legislative Office Building, Room 4010
Hartford, CT 06106
1-800-842-8267
local: 112 Spencer Plains Road
Westbrook, CT 06498
860-399-0260

State Representative Marilyn Giuliani
23rd District
(Lyme, Old Lyme, Old Saybrook, Westbrook)
House Republican Office
L.O.B. Room 4200, Hartford, CT 06106
Phone: 800-842-1423 (within CT)
860-240-8700 Fax: 860-240-0207

State Senator Eileen M. Daily
33rd District
Legislative Office Building
Room 3700, Hartford, CT 06106-1591
1-800-842-1420

Washington, DC 20500
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Switchboard: 202-456-1414
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TTY/TDD
Comments: 202-456-6213
Visitors Office: 202-456-2121

Senator Richard Blumenthal
G55 Dirksen Senate Office Building
Washington, DC 20510
(202) 224-2823

Senator Joseph Lieberman
706 Hart Senate Office Building
Washington, DC 20510
(202) 224-4041

Congressperson Joe Courtney
Washington, DC Office:
215 Cannon House Office Building
Washington, DC 20515
(202) 225-2076 (202) 225-4977 fax
Norwich District Headquarters:
101 Water Street, Suite 301, Norwich, CT 06360
(860) 886-0139 (860) 886-2974 fax
Enfield Office:
77 Hazard Ave, Unit J, Enfield, CT 06082
(860) 741-6011 (860) 741-6036 fax

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President Barack Obama
The White House
1600 Pennsylvania Avenue NW

*To email any of the above, go to www.ct.gov.
Locate person you wish to email and click on contact.*

Parent Guidelines for Choosing a Child Day Care Program

The Child Day Care Licensing Program of the Community Based Regulation (CBR) Section is responsible for the licensing of child day care programs, and offers these tips on what to look for in a program for your child.

- **Is the program licensed?** You may visit the Department of Public Health's (DPH) web site at www.dph.state.ct.us to verify if a program is licensed. You may also call the DPH at (800) 282-6063 to inquire about substantiated complaints or to file a complaint.

- **Visit the program when children are present prior to enrolling your child; after enrollment, pay an unannounced visit at a time different from your regular schedule.**

- **Are the staff members friendly and qualified?** Do they appear to enjoy their job? How long have they worked at the program? Are they actively engaged with the children? Do they speak and work with children gently and appropriately for their ages, levels of development and special needs?

- **Is there adequate staff to provide careful supervision?** No children should be left unsupervised.

- **Is the program clean and safe indoors and outdoors?** Are the toys, equipment and furniture clean, safe and appropriate for your child's age and development?

- **Ask the program for parent references.**
- **Is there a planned program of activities that is appropriate for the children at the facility?**

- **Are the children having fun at the program?** Do they look forward to going to the program?

- **Use the Child Care Checklist for Parents to conduct your own inspection of the program.** The Regulations that outline minimum requirements for licensed child day care programs can be found at the web site below.

Child Day Care Licensing Help Desk, (860) 509-8045; (800) 282-6063; (800) 439-0437, www.dph.state.ct.us/BRS/Day_Care/day_care.

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