

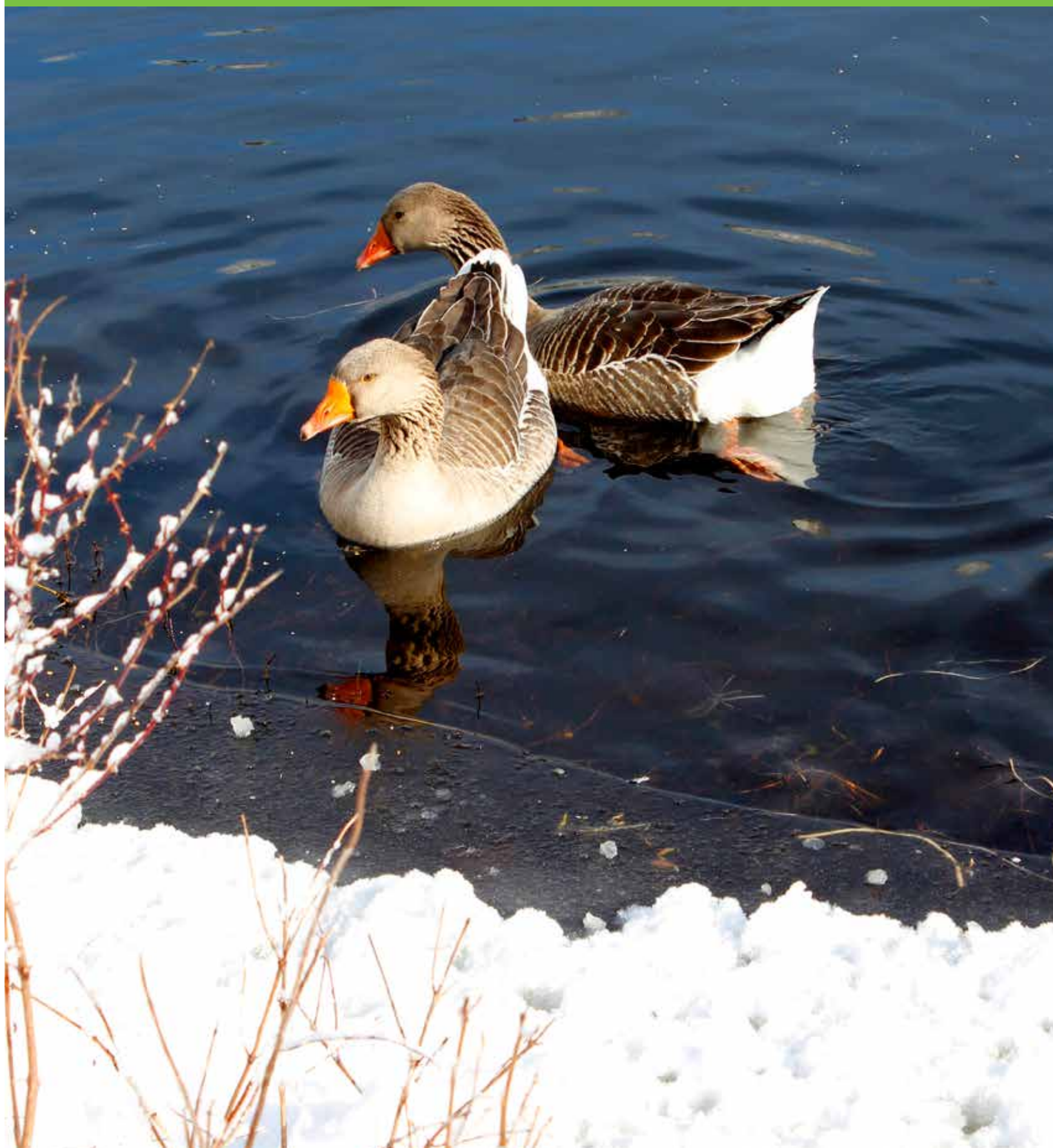
# Westbrook



# Events

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Volume 14 • Quarter 1 • 2014



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## First Selectman's Corner

### IT IS ALL ABOUT COMMUNICATION

A resident came by my office and indicated that they want to be more informed about events and activities in Westbrook. I reviewed the following ways we communicate:

- Individuals stop by the Selectman's Office on a daily basis and in our conversations, they often identify issues that require attention. Their concerns then are, if appropriate, immediately addressed with employees and/or a Board or Commission that has the responsibility for making a decision.
- Our municipal webpage is updated daily with minutes and agendas of all meetings; information on all of the departments and the current status on events in our community. There are links to our public school system.
- For seasonal residents, if we have their e-mail address, information is forwarded to them during the budget hearings with dates for the annual budget referendum that is held in late May to provide them with an opportunity to vote.
- The link to our Emergency Operations Center is very thorough and is frequently accessed during hurricanes, blizzards and other weather conditions. For other emergencies, (i.e. fires etc.) call 911.
- Our library is available and utilized extensively on an annual basis.
- Our school system has a very comprehensive network of communicating with families and their children on matters

pertaining to the safety and well being of students.

- All of our Boards, Commissions and Committees are open to the public who wish to observe and participate in the major decisions made by our elected and appointed officials.

- The Valley Shore Community TV studio is yet another means of bringing information to the public. Some meetings and community events will be taped and available to the public. This is an excellent new resource.

When we finished our discussion, the individual turned to me and said "I did not realize, as a taxpayer, that there were so many different forms of communication available." He informed me, at the conclusion of our conversation, that he, like everyone, has a responsibility for taking the initiative to access our webpage [www.westbrookct.us](http://www.westbrookct.us).

The Selectman's Office, like all municipal offices is always open and staff is available to respond to inquiries. All of the above noted methods of communication should be frequently utilized in order to be effective.



First Selectman Noel Bishop

*continued on page 3*

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– Paige D. –

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– Erika S. –

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– Graham H. –

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**Mon - Wed: 9:00 am - 4:00 pm**

**Thursday: 9:00 am - 7:00 pm**

**Friday: 9:00 am - Noon**

• *First Selectman continued from page 1* •

I encourage you to take advantage of all of these resources and to stay connected and involved with the events and activities of our community.

Responsible and responsive government relies on timely, objective and accurate information and a public that is eager to be informed.

If any resident is interested, for frequent updates, please provide us with your e-mail address.

*First Selectman Noel Bishop*

*Linda Nolf*



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## MISS MULVEY



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## Department of Public Works

The Town of Westbrook is nearing completion of its new Public Works facility located at 185 Horse Hill Road. The building has the capability to address the needs of contractors and the public with its office space, and plenty of room for employees. It also contains the shop, and a separate car wash bay for vehicle maintenance, as well as storage. The existing building on site will continue to be utilized in the form of additional storage and "messy projects", which will help to keep the new facility in good condition. We will be fully operational soon - look for more information in the next issue.

On a different note, there is still plenty of winter left in the 2013-14 season. Please be aware that portable basketball hoops must be moved in at least 5 feet from the edge of the road to accommodate the snow plows, and prevent damage to either the hoops or Town equipment. Your cooperation is greatly appreciated.

*For town updates & information:*

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## Westbrook Garden Club

This winter we took joy in celebrating the holidays with friends and neighbors. Nothing defines the season more than community giving and our club members were busy with these initiatives.

In November, we decorated the window boxes and barrels around town with greens, poinsettia's, and lighted grapevine "trees" all wrapped in bright red ribbons and bows. A special thanks to Caroline Fish and Deb Rie for leading this initiative. We hope you enjoyed this festive look.

In December, we held a holiday flower-arranging event at the Senior Center. We donated fresh flowers, containers and supplies and spent a snowy morning creating arrangements that were given away at their holiday party. Many thanks to Norma Mitchell for coordinating with Courtney Burks and making this event a success.

January was spent developing our calendar of free public education programs and events. What an exciting year 2014 promises to be! Join us on:

February 25th "Magical Witches of Winter: A closer look at the genus Hamamelis" presented by Adam Wheeler, Broken Arrow Nurseries.

March 25th "Coexisting with Voles, Deer and Rabbits" presented by Bill Harris, Acer Gardens.



*Westbrook Garden Club members at Senior Center Holiday Flower Arranging event.*

Both start at 7:00 pm in the Library Community Room. Light refreshments will be served after each program.

The Garden Club is looking for new members. We meet the fourth Tuesday of each month. If interested contact us at [Westbrookgardenclub@yahoo.com](mailto:Westbrookgardenclub@yahoo.com). Everyone is welcomed.



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## Energy Conservation Initiatives Underway

With oversight of the Town appointed Building Committee, the Board of Education and Energy Committee is excited to begin two comprehensive energy conservation projects. For a total cost of \$397,447 (\$336,000 bonded by the Town), approximately 460 existing interior and exterior incandescent lighting fixtures/lamps will be replaced with high performing or standard LED fixtures/lamps. CL&P, through its Energy Efficiency Fund, will return \$61,447 in incentive funds after the completion of the work estimated sometime in March 2014. The anticipated savings is approximately 166,945 kwh for all three schools combined. The Building Committee has selected, through a comprehensive bid process, DBS Energy from Cromwell, to complete these projects.

Initial work on Phase II of the high school roof restoration project (total bond \$657,000) includes the implementation of solar photovoltaic systems at the high school/middle school. This will initially isolate the domestic hot water from the primary hot water boilers thereby reducing the natural gas usage and utilizing more renewable energy especially in the non-heating seasons. Potentially, this system could be expanded in the future to further reduce electric consumption. This project is currently in the design stage and not scheduled to be completed until the end of August 2014.

These projects were recommended, added, and funded through the Capital Five Year Plan; following an energy audit of all schools as part of an all inclusive CREC facilities study commissioned by the Board of Finance in 2012.

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## *Bicentennial Commemoration of British Raid Begins in 2014*

### **Committee Plans Multitude of Events**

This year marks the 200-year anniversary of one of the more significant, yet somewhat obscure, events that occurred in the history of Essex – the British attack on the town which took place during the War of 1812. A bicentennial committee has been formed to plan commemorative events for the occasion.

During the early morning hours of April 8th, 1814, 136 British officers, sailors and marines dropped anchor in Long Island Sound at the mouth of the Connecticut River, just off the coast of Saybrook. Manning several heavily-armed boats from their warships, the British made their way up river and came ashore at the foot of Main Street, Essex (then known as Pettipaug), adjacent to what are now the grounds of the Connecticut River Museum. This sneak attack was intended to destroy the town's shipping, specifically their privateers. Though the conflict lasted less than 24 hours, at its conclusion 27 ships in Essex Harbor had been burned. This was the largest single maritime loss of the War of 1812. Thankfully, homes and business were spared and no harm came to the town's residents.

This is just the beginning of a little-known, but wonderfully-rich narrative regarding the British raid on Essex. But that is soon to change.



Jerry Roberts, battlefield historian for the National Parks Service grant project concerning this 1814 incursion, has brought it to life through storytelling and a dynamic written account which sheds light on this significant chapter in American maritime history. The release of *The British Raid on Essex: The Forgotten Battle of the War of 1812* is scheduled in early spring, to coincide on or near the actual anniversary date of the skirmish.

The British Raid on Essex Bicentennial Committee has been formed to plan, develop and implement a series of educational, cultural and entertaining events that will commemorate the 200th anniversary of this noteworthy incident in Connecticut's history. Roberts is involved along with a variety of local organizations including the Connecticut River Museum, the Essex Historical Society, the Essex Library, the Essex Boy Scouts, and The Griswold Inn.

As a kick-off, a full roster of activities is scheduled for the weekend, April 12-13, following the actual anniversary date. Reenactments throughout the town, narrated excursions by boat tracing the events along the Connecticut River, historic walking tours, a festival highlighting the songs and music of 1812, and geocaching, a gps-based scavenger hunt, are planned. While a concentration of events will occur on the April 12-13 weekend, various events will also take place throughout the commemorative year. As always, the Essex Sailing Masters of 1812, a fife and drum corps, will host the annual Commemoration Day Parade, affectionately known by many locals as the "Loser's Day Parade." This is scheduled for Saturday, May 10th. In addition, other area towns that played a part in the British invasion will coordinate and organize commemorative activities.

Essex is already recognized by the State Register of Historic Places as a War of 1812 Battle Site District. Designation as a Battle Site by the National Register of Historic Places is anticipated around the actual anniversary date of the conflict.

For more information and continual updates of commemoration activities, visit [ctrivermuseum.org](http://ctrivermuseum.org), British Raid on Essex Bicentennial 1814-2014.

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## The Common Core: A Good Fit for Connecticut?

Across Connecticut and across the United States, this is a school year of significant educational reform. The Common Core State Standards and new curricula aligned with them, a new teacher evaluation model, the frequent progress monitoring of student learning, and a changeover from Connecticut Mastery testing to computer-based Smarter Balanced assessment have confronted students and teachers returning to class.

Common Core is a high-impact national initiative in public education designed to prepare students in grades K-12 for higher education and the workplace. The Connecticut State Board of Education adopted the Common Core State Standards in 2010 without critical input from parents, educators, and community stakeholders. While implementation is being phased in this school year, the common core will be fully implemented for the 2014-2015 school year. Presently, 45 states including Connecticut have adopted the standards. However, at least 12 legislatures are now considering delaying implementation of the program out of concern that the standards are not properly crafted to adequately benefit students.

I have introduced a bill to the legislature's Education Committee that would delay Common Core implementation in Connecticut pending public hearings with parents, students, teachers, school administrators and community stakeholders.



While education reform is serious, Connecticut must embark on a path that balances rigor with creativity; high standards with individual needs; and gets it right for our students and our future.

*State Representative Marilyn Giuliano*

*State Rep. Marilyn Giuliano is a member of the legislature's Education Committee.*

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## Westbrook Tree Lighting Committee

The Tree Lighting Committee, chaired by Dennis Allen and working as a sub-committee of the Recreation Department (thank you Rich Annino and Recreation Board), would like to especially recognize a few of the many individuals, organizations, and businesses who helped to make the December 8 event a festive and happy town party.

The committee would like to thank the Westbrook Foundation again for providing a grant to build the Santa house, Ryan Chapman and his mom and dad: David and Diane, the construction crew and helpers: Dana Brainerd, Barney Clark, Bill Cusson, Rick Hardy, George Hollister, and Gary Trasacco, and the interior decorators: Mrs. Toth and the Westbrook High School Art Club.

Thanks to Jim and Mary Brewster at the Captain Stannard House, the Museum of Early Engineering, St. Paul's Episcopal Church, Westbrook Drum Corps, and Westbrook Historical Society for their open houses. A special thank you to Essex Savings Bank for sponsoring the wagon rides and Foxglove Farms for providing them.

The committee thanks the businesses and organizations around and near the green for decorations and goodies: Beautiful Impressions, Don Balint of Christmas Décor, The Daily Grind, Nautical Needles, The Stork Exchange, and Westbrook Pizza. Other organizations and businesses made significant contributions as well. Thank you Envirotech,

Lighthouse Signs, Saybrook Lanes, Shop Rite, Susan McManus and the Westbrook High School Future Business Leaders, Taylor Rental, Westbrook Ambulance, Westbrook Board of Selectmen, Westbrook Fire Department, Westbrook Garden Club, Westbrook Lions Club, Westbrook Police, Westbrook Public Works, Westbrook Youth & Family, and Wilcox Energy.

Many individuals and organizations participated in the parade, performed, and entertained those gathered around the green including the Cub and Boy Scouts, Daisy, Brownie, and Girl Scouts, the Board of Selectmen, Jen Capano and friends (the bonfire & smores!), Mary Ella Luft and Darlene Tempesta and their Girl Scout Troops (reindeer food booth), Oxford Academy, Santa's elves: Halle Barron, Christine Banks, and Juliana Fabrizi, VISTA students and staff and the VISTA Voices, Westbrook Dance Academy, Westbrook High School principal, Bob Hale (Night Before Christmas), Westbrook High School band and chamber choir and Kina Mama, the Westbrook High School combo: Erik Simon Vuoritie, Jonathan Lohutko, Marty Marx, Seamus Ashburner, and Jonathan Butterworth, Westbrook Junior Colonials, Westbrook Drum Corps, and the Friends of the Library. We were especially honored this year to have with us as treelighters Sergeant 1st Class Christopher Vincent and former Marine Corporal Michael Fosque Jr.

The committee owes a special thanks to Barry Clark and Scoutmaster Doug Thomas and the Westbrook Boy Scouts for help setting up and taking down around the Green, Erik Simon Vuoritie for providing the sound system, caricaturist extraordinaire Wild Bill Taylor, bicycle contest judges Dave Kittle and Jill and Dana Brainerd, and last, but not least, Randy and Ann Bell (the spirits of Christmas).

This year's committee members were Dennis Allen, Loren Baker, Jill and Dana Brainerd, Jim and Mary Brewster, Darlene Briggs, Jennifer Capano, Lew Daniels, Melissa Ehlert, Kim Esposito, Bernadette Jones, and Yeva Pierpont.

## Early Childhood Community Forum

Westbrook Early Childhood Council in collaboration with Middlesex United Way is sponsoring a Community Forum on March 19th, 2014 at Daisy Ingraham Elementary School from 4:30 - 8 pm for parents, professionals, teachers, caregivers, and grandparents. There will be something for everyone. Our keynote speaker, Alicia Farrell will be presenting "Raising A Touch Screen Generation." Light supper and roundtable discussions will build community connections. Choose a Breakout session and learn more about a topic of your interest. There will be something for everyone. Come, bring a friend, and join the conversation.

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## There Are High Hopes for this Grant

With the gift of a \$5,000 grant from the Westbrook Foundation, High Hopes Therapeutic Riding facility will be fulfilling the high hopes of several Westbrook residents impacted with conditions ranging from autism, stroke, traumatic brain injury, cerebral palsy and sensory neurological disorders, who benefit from the facilities therapeutic program.

Shown in the photo, seasoned therapy horse Taylor takes participants on an afternoon trail ride, with the help of volunteers. Rides like this one foster self esteem and rider accomplishment, while the horse's movement helps mitigate sensory integration issues.

"This gift from the Westbrook Foundation will be used to provide support for our Westbrook residents to participate in High Hopes programs throughout the year," explained Kitty Stalsburg, Executive Director of High Hopes. "These funds will directly help us to continue to provide an affordable, quality service to individuals with special needs. Last year we provided over 8,000 Equine Assisted Activities and Therapy sessions for over 1700 people. We are truly grateful for this important support from the Westbrook Foundation."

Chairman of the Westbrook Foundation, Jim Crawford explains "The Foundation Board is pleased to continue the important work that supports exciting initiatives in our



community. Board members are privileged to be the temporary stewards of this remarkable gift and happy to provide grant monies to such deserving programs such as High Hopes Therapeutic Riding."

Spring grant applications for the Westbrook Foundation are due April 1. For more information go to, [www.westbrookfoundation.org](http://www.westbrookfoundation.org).

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## Westbrook Recreation Department

Winter programs are presently underway with all youth, adult and senior classes. Pilates, Yoga and Zumba classes have a large number of residents staying fit in the New Year. Belly dancing class still maintains double digit attendance because of its simplicity and appeal to all ages. If you are interested, it's not too late to join any of these winter classes and programs.

Children are enjoying Basketball, Floor Hockey and Karate during the 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 children to enjoy a team sport in a stress-free setting. 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 started on February 1st and is done on a first come basis. Westbrook Recreation now accepts master card and visa for all programs. Payments can be called in at any time for your convenience. A site fee will be assessed for credit and payment. Please remember a two week deposit is required to hold a spot for your child for the whole summer. Sign up soon or your child may miss out on all the Summer Camp Fun! Please call 860-399-3095, with any questions?



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CT CONTRACTOR # SM1-4890 HOD - 416

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. This program is 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 am and run until 11:00 am, on April 12th at the Westbrook Fire House. 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 event! Our own Westbrook Recreation Egg Hunt will also be on April 12. Our Easter Egg Hunt will be at the Teresa Mulvey Center and will promptly start at 12:30 pm. As always, this event is totally free to the public because of the support of our local businesses.

Our Eleventh Annual Westbrook Family Day will be held on June 7 (rain date June 8th), at the Town Green. Westbrook Family Day has also become known as the Westbrook Town Picnic. Be sure to mark this date on your calendars for a

*continued on page 13*

## Westbrook Town Clerk News

When it comes to records management, Preserving the Past and Protecting the future is a responsibility of the Town Clerk. The Town of Westbrook had been most fortunate to participate in the "Historic Documents Preservation Program."

Monies for these grant projects are allocated by the Connecticut State Library. The Historic Documents Preservation Grant Program provides 169 towns in Connecticut with financial assistance to fund eligible projects such as preserving land records; upgrading records storage areas and equipment; and facilitate access and retrieval of records and information. As a result, we are better able to serve our community as well as researchers and town historians.

This program relies on revenue which is generated by the filing fees from real estate recordings throughout Connecticut.

City and Town Clerks may apply for the grants which depend upon availability of funds at the time the application is submitted.

Grant awards are based on the Goals and Objectives that are outlined in the grant application as well as the size of the town (population).

Preserving our past is being accomplished by micro-filming land records, back-file conversion projects, rescanning many older volumes onto acid-free paper, and the repair and restoration of original town maps.

We are able to protect our future by the encapsulation of the older maps, having land records backed up and stored off-site for safety and the purchase of fire-proof cabinets for our vital records.

• *Recreation Department continued from page 12* •

fun-filled day of rides, entertainment, food and also the clowns. This event is also brought to you by the generous donations of many businesses from our shoreline and totally free to the public. 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 of life for residents and visitors alike. Our goal is to provide 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 benefit tots, youths, adults and seniors in a spirit of fellowship and community pride.



**9 TOWN TRANSIT**

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9 Town Transit is Operated by the  
Estuary Transit District

**OPEN HOUSE**



Open House Dates:  
Feb 8, 9-12  
Feb 22, 9-12  
Mar 1, 9-12

Interactive Tours:  
Feb 4, 9-11  
Feb 11, 9-11  
Feb 21, 9-11



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## *Hope is Power*

### *Exercise Group Bonds Cancer Survivors*

Laughter. Joy. A lightness of spirit. Comaraderie. These are terms that are not often connected to the word "cancer," but if you spend any time with the Hope is Power class at the Valley Shore YMCA in Westbrook, that's exactly what you'll experience.

Hope is Power is offered in collaboration and with the financial support of Middlesex Hospital. It is a free, 12-week program for adult cancer survivors designed to empower them to overcome the effects of fatigue and deconditioning from cancer and its treatment. The overall goal of the group is to improve participants' functional capacity and quality of life through an organized fitness program in a small group setting. The program was established in 2010 and now has an advanced level class for those who want to continue in the program after taking the beginner class.

According to Pat O'Brien, survivorship coordinator at the Middlesex Hospital Cancer Center, "There is an increasing amount of research pointing toward the benefits patients can receive from exercise, in terms of reducing cancer recurrence and improving survival rates."

The program is taught in a safe, fun, relaxed environment for all ages and fitness levels. Cancer experts from Middlesex Hospital also present to the group on a variety of topics, such as nutrition and personal care.

For more information about the next Hope is Power class, call the Valley-Shore YMCA at (860) 399-9622, ext. 121.



## *Winter Weather Terms*

The National Weather Service (NWS) uses different terms to notify the public of threatening and hazardous weather during the winter months.

**Winter Weather Advisories:** Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

**Winter Storm Warning:** Hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring.

**Blizzard Warning:** Issued for sustained or gusty winds of 35 mph or more, and falling or blowing snow creating visibilities at or below ¼ mile; these conditions should persist for at least three hours.

**Freezing Rain:** Rain that falls onto a surface with a temperature below freezing. This causes it to freeze to surfaces; trees, roads and forms a coating of ice.

The Town of Westbrook is favorable for Nor'easters November through mid April. Nor'easters have the potential of disrupting services; no power which includes no TV, Internet and possibly no telephone/cellular services. Without commercial power key retailers are forced to close; food, gas and other supplies. Regardless of the season and the different types of dangerous weather, it's important to have a disaster plan and a disaster kit. Every family needs to have a plan that allows them to be self supporting for 5-7 days.

The Westbrook Emergency Management website provides important information for you and your family. Please visit our web site at [www.westbrookem.com](http://www.westbrookem.com). Join us on Facebook and Twitter for timely information relating to Westbrook and the region.

*Donald Izzo, Emergency Management Director*



## Estuary Council

**ESTUARY COUNCIL OF SENIORS, INC.** has been serving seniors in the nine-town Estuary region for 38 years. Call us to receive our *Gazette Newsletter* or go to [www.ecsenior.org](http://www.ecsenior.org) for our online newsletter, events calendar, menu, and more.

**"BUY A WHEEL" for \$1 MEALS ON WHEELS FUNDRAISER.** During March, National Nutrition Month, local businesses will sell paper "Wheels" for \$1. 100% of the monies raised from the "Buy A Wheel" program will go to our local Meals On Wheels program to feed homebound seniors. Please buy a wheel to provide a meal for a senior citizen in your town.

**MEALS ON WHEELS** – hot meals delivered to your home. Call Peg at 860-388-1611. A \$3 donation request for those aged 60+. Meals are supported by Senior Resources Agency on Aging with Title III funds available under the Older Americans Act.

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

**STAN GREIMANN ESTUARY MEDICAL OUTPATIENT TRANSPORTATION.** For medical appointments to any medical location beyond the nine-town estuary region. Suggested donation of \$35 for a roundtrip Doctor appointment up to 5 hours. Suggested donation of \$70 for appointments over 5 hours.

**CLASSES AND ACTIVITIES:** Board Games, Billiards, Ping Pong, Yoga, Exercise Classes, Mah Jongg, Wii, Cribbage, Writer's Group, Book Club, Quilter's Group, Needlecrafters, Hand and Foot, and more! Check the Gazette for all of our programs.

**ESTUARY THRIFT SHOP:** Open 10 am - 3:45 pm, Monday - Friday; and from 9 am - 12:45 pm on Saturdays. Clothes (men, women, and children), kitchen items, crafts, and more available. Donations are accepted and volunteers always needed.

**THE GYM AT THE ESTUARY:** Hours expanding-stop in for more information. There are seven different pieces of weight equipment and four cardio machines, including a NuStep. Member packages include a fitness assessment and three (3) training sessions on all machines (required). **Gym Membership Options:** Three months -\$50.00, Six months-\$90, Full year-\$150. To schedule an appointment with our Fitness Trainer, Skylar Miers, ATC, call 860-388-1611. The gym is available for use only after payment of membership fees and completion of the required fitness assessment and training sessions. Gym Hours are posted at the Estuary.

**THE MARSHVIEW GALLERY AT THE ESTUARY:** Open daily 8 am - 4 pm, and from 9 am - 1 pm Saturdays. The art on exhibit changes monthly and highlights the talents of local artists from along the shoreline. The artists donate a portion of their art sales to the Estuary Council of Seniors. An artist's reception is held the second Friday of each month from 5 - 7 pm. Refreshments are served, and a door prize is drawn each month. All ages are welcome. Call 860-388-1611 for information.

**DONATE YOUR CAR OR BOAT TO THE ESTUARY COUNCIL** - Turn your car or boat into a tax deduction by calling: 1-800-716-5868. Proceeds benefit the vital services we provide for seniors in the nine-town Estuary Region.

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

**April 25 - Deadline for the next issue of**  
**WESTBROOK EVENTS**

Contact Jill in the First Selectman's office 860-399-3040 or e-mail [jbrainerd@westbrookct.us](mailto:jbrainerd@westbrookct.us) to submit an article or press release.

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## Westbrook Supports Preservation of 143 acre Open Space

When over 50 residents turn out on a chilly November night to support the acquisition of Open Space it is an Event worth noting. That Event occurred Thursday, November 21, 2013, at a Westbrook Town Meeting when a standing room only crowd voted to appropriate \$750,000 to purchase 143 acres on the west side of Horse Hill Road/Rt. 145 within the Menunketesuck Greenway to be preserved as Open Space as recommended in the 2011 Plan of Conservation and Development.

The primary purpose for acquiring the 143 acres is to preserve the critical forest and wetlands that help protect surface and ground water quality and provide valuable food and cover for wildlife in the Menunketesuck River Watershed. Achieving this purpose will also provide opportunities for hiking and horseback riding by linking trails already established on the new Open Space acquisition with neighboring trails going north.

The property is a strategic segment of a continuous forest corridor within the Greenway extending north through Westbrook's 34 acre Horse Hill Woods Open Space and the

150 acre Brose property to the Weber Woods Section (345 acres) of Cockponsett State Forest. From here the forest extends north into other sections of the State Forest.

The landscape of the 143 acre Open Space is characterized by forested ridges and wetlands. Plane Brook, a perennial stream, runs through the eastern portion of the property from north to south. A steep sided 1,000-foot wide flat-bottomed valley divides the two ridges on the property. The property includes two large wetland/palustrine forests dominated by red maple and yellow birch and scrub-shrub wetlands with likely hydrologic connections to the sites' watercourses. Three vernal pools have also been identified.

Please join us Saturday, June 7 when the Conservation Commission will sponsor a hike through this beautiful landscape as part of Connecticut Forest & Parks Annual Trails Day. Watch for details on Westbrook's web site and on the bulletin board at the Town Hall.

WANTED: Hike Leaders: Please email Conservation Commission for details: [todell@snet.net](mailto:todell@snet.net)



## Westbrook Youth & Family Services

### Join us

- Lights on Westbrook, March 29, 6:30 to 8:30 pm: The Oxford Academy hosts "Lights on Westbrook", a Photography Exhibition and Prize Drawing featuring art, refreshments and prizes. Amateur and professional photographers are invited to submit their work. \$25 tickets at WYFS or OA with proceeds benefitting WYFS.
- Family Bingo Night at Westbrook Town Hall Senior Center, April 3, 5:30 to 7:00. Take the night off and play with your family and friends! Pizza, snacks, and prizes for the winners! The event is free but registration is required. This event is funded in part by the Community Foundation of Middlesex County/ Sari A. Rosenbaum Fund for Women & Girls
- WYFS wants YOU to Look for the Good. We invite each of you to share what makes you grateful. Write or draw on a 4x6 postcard and send to WYFS at PO Box 918, Westbrook. All the postcards will be displayed at the Senior Center this Spring, so come see what makes your friends and neighbors grateful!

### School Groups

With WPS's support, we offer structured peer groups at the schools. At Daisy, groups focus on growing developmental assets or families in transition. This season's WMS groups include an 8th grade Girls Circle and a Relaxation Club. At WHS, in response to student interest surveys, groups will focus on healthy relationships, conflict resolution and academic pressures.

*For more information on any of these programs, visit [wyfs.org](http://wyfs.org). Sign up for our email newsletter so you don't miss our fresh slate of programs throughout the year.*

### 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. Please call Macdara MacColl at 860-399-9239 to set up an appointment.

**WANT TO ADVERTISE?**

**Call Ward Feirer  
at (914) 806-5500**

## Westbrook Senior Center

On February 26th, the Senior Center will host Dr. Jeff Bernstein who will present "DNR" (Do Not Resuscitate) What is DNR? What does it mean? Come to this presentation to learn everything about this advanced directive. The presentation will begin at 11:00 am. For details and to RSVP, please call 860-399-3048. Join us for an evening of Intergenerational fun on April 3rd for our second "Family Night Bingo" sponsored by Westbrook Youth and Family Services. For details and registration, call 860-399-9239. Our Annual Hoedown is scheduled for Wednesday, April 30th, and we will resume our picnics on May 7th (the 1st and 3rd Wednesday May-September).

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 check us out on the web@ www.westbrookct.us. We look forward to seeing you.

Courtney Burks, Director

## Westbrook Senior Travel

**Monday, March 17 - St. Patrick's day at Platzl Bruhas-Pamona, NY:** Choice of Corned Beef, Roasted Half Chicken or Sauerbraten. Complimentary wine/dinner. Beer/Soda from noon to 5:00 pm. Standing Rib Roast Sandwich to take home. \$84.

**Wednesday, April 16 – Parkers Maple Barn – Mason, NH:** Brunch, then off to Merrimack, NH to Anheuser Bush Brewery, home of the famous Clydesdale horses. \$68.

**Tuesday - Saturday, May 20-24: We are now taking reservations for our big trip to Nashville/Memphis, TN:** Staying at the Peabody and Grand Ole Opry Hotels. Reserved seats Grand Ole Opry, Presley's Graceland, Country Music Hall

of Fame are a few of activities planned. FLYING OUT OF BRADLEY \$1598 (\$400 DEPOSIT AT TIME OF SIGN UP – BALANCE DUE MARCH 20TH).

**LOOKING AHEAD!** September 16-17-18 (Tuesday-Saturday) Lancaster, PA to see "Moses" – DUTCH APPLE THEATRE (HAIRSPRAY) Amish Country Tour, Kitchen Kettle Village \$389 (Deposit \$75 at sign-up – Balance due August 19th. Insurance \$30 available at sign-up).

**FOR FURTHER INFORMATION CONTACT LUCILE SPANILO (860) 399-6065.**

**Q: How do I know if orthotics in my shoes will work for me??**

If your heel swings too far to one side, your foot may be overpronating or flattening too much. This abnormal movement strains your foot causing the bones and soft tissue of the foot to support too much of your body weight. Over time this type of strain on the soft tissue may cause heel pain or spurs, tendinitis and pain when walking or exercising.

Many times just a look at the bottom of your shoes tells a story. If you have wear on the outside of your shoe, this might be an indication that orthoses would be an appropriate recommendation for you. Orthoses control movement, like a cradle and reduce strain on the joints eliminating many types of foot pain.

Custom made orthotics are very different from over the counter devices as they are molded to your foot by the making of a plaster impression. This allows us as your podiatrist to add modifications needed to correct your particular foot condition. We as podiatrists are educated in biomechanics and trained to determine how your specific foot functions.

Runners love us. We see many patients that have actually avoided having surgery due to a pair of our well constructed orthotics. We guarantee all of our orthotic devices allowing patients to revisit us for adjustments as needed. It helps having labs in most of our locations.

Ask us questions at [www.centerpodiatry.com](http://www.centerpodiatry.com)  
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## Registrar of Voters

The Registrars of Voters will be conducting their yearly Canvass during the months of January through May. Not all registered voters will receive a "Confirmation of Voting Residence" letter. Again this year, the Registrars will be using the National Change of Address (NCOA) system to update the Registry list. This program works with the State of CT Registry lists and the U.S. Post Office to process names and addresses of electors who show some change in their mailing address or a difference between their resident address and mailing address. Only those electors whose name is on this list will receive a notice from the Registrars asking them to confirm their present voting residence, mailing address, or to verify any other changes. If you receive a "Confirmation of Voting Residence" form to fill out and do not respond by the date indicated on the form, your name will be put on the "Inactive List". If you have made a recent change in your resident address, mailing address or name, and you are not sure if the Registrars are aware of this change, you may check

the Registry book kept on the table outside of the Registrar of Voters Office. You may also call our office (860-399-3042), send a note, or stop by the Office on Tuesdays from 11:00am -1:00pm or Thursdays from 5:00pm – 7:00pm. We are in the Office on other days at unscheduled times. Please call if you would like to make an appointment. If you need to make a change on your voter registration information or would like to register to vote, registration forms are available in the Registrars' Office, Town Clerk's Office and at the Westbrook Public Library. There are Voter Registration applications on a table outside the Registrar's Office. Completed applications may be mailed or placed in the mail slot outside the Registrar of Voters Office. When you have made a change to your voting resident address or name, please remember to also notify the Department of Motor Vehicles.

It is important for everyone to take an active role in the decisions for our country's future.

*Mary Labbadia and Nancy Moore, Registrars of Voters*

## Essex Savings Bank Rated Five-Stars Eighteen Consecutive Years

Essex Savings Bank has once again earned the highest 5-Star rating for strength and stability from BauerFinancial, Inc. of Coral Gables, Florida, the nation's leading independent bank rating and research firm. BauerFinancial has been reporting on and analyzing the performance of U.S. banks since 1983. No institution can pay BauerFinancial to rate it, nor can an institution choose to be excluded. Essex Savings Bank has proven its commitment to superiority by earning this top rating for 71 consecutive quarters. Fewer than 10% of the nation's banks can claim this distinction. In order to do so, the Bank has excelled in areas of capital adequacy, delinquent loan levels and profitability to name just a few. Consistently

earning BauerFinancial's highest rating assures customers and the community that Essex Savings Bank is a strong financial institution that will be able to fulfill their banking needs for years to come.

Essex Savings Bank is a FDIC insured, state chartered, mutual savings bank established in 1851. The Bank serves the Connecticut River Valley and shoreline with six offices in Essex (2), Chester, Madison, Old Lyme and Old Saybrook. Financial, estate, insurance and retirement planning are offered throughout the state by the Bank's Trust Department and subsidiary, Essex Financial Services, Inc, Member FINRA, SIPC. Investments in stocks, bonds, mutual funds and annuities are not FDIC insured, may lose value and are not a deposit, have no Bank guarantee and are not insured by any Federal Government Agency.

### What is 2-1-1?

It is Connecticut's free information and referral service. By dialing 2-1-1, a toll-free number throughout CT, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year. TDD access is available.

### Senior Travel

**May 20 – 24 – Memphis & Nashville Trip**

\$1,598 per person includes air fare, \$400 due at sign up.

For more information, please contact

Lucile Spanilo at 860-399-6065

## *Westbrook Public Schools Presents a Three-part Series; Conversations for Parents and Staff on School Climate Matters*

These days it is often hard to remember that schools remain by far the physically safest places anyone can be in a 24 hour period. Yet, schools are not always the safest places in our communities when it comes to emotional or intellectual safety. As we consider the academic success of our students and ways to remove barriers to learning, creating and sustaining positive school climates for children and adults emerges as the single most important and balanced approach to ensuring student success. Join us for conversations on how all of us can collectively prevent behaviors that lead to bullying, harassment and other conflicts in schools.

**February 27: 6:30 pm –Daisy Ingraham: School Climate vs. Bullying & Harassment - Prevention vs. Intervention.** Learn what school climate is and why it is the most important criterion

### *What Do I Do After the Flood?*

Westbrook has recently experienced several major storms that have seriously damaged homeowner septic systems. The following recommendations for recovery of septic systems come from the US EPA:

Do not pump the tank during flooded or saturated drainfield conditions as it may cause the tank to float out of the ground or damage the inlet and outlet pipes. Do plug drains in the basement and drastically reduce water use.

After the floodwaters have receded:

- Do not use the sewage system until water in the soil absorption field is lower than the water level around the house.
- Have your septic tank professionally inspected and serviced if you suspect damage. Signs of damage include settling or an inability to accept water.
- If sewage has backed up into the basement, clean and disinfect the area. Use a chlorine solution of a half cup of chlorine bleach to each gallon of water.
- Pump the septic system as soon as possible after the flood. Be sure to pump both the tank and lift station. This will remove silt and debris that may have washed into the system. Do not pump the tank during flooded or saturated drainfield conditions.
- Do not compact the soil over the soil absorption field by driving or operating equipment in the area.
- Examine all electrical connections for damage before restoring electricity.

Want more information? Both the EPA website ([water.epa.gov/infrastructure/septic/septicmart](http://water.epa.gov/infrastructure/septic/septicmart)) and the CT Department of Public Health website (<http://www.ct.gov/dph>) have additional information on flooded systems.

*Provided by the Westbrook Health Department  
and Water Pollution Control Commission  
Contact: Carol Lord - 203-605-1276  
clord@westbrookct.us*

for successful teaching and learning. Also, learn why special needs students are often disproportionately involved with behaviors that lead to allegations of bullying and harassment.

The following events are scheduled for 7 pm; at Westbrook Schools (location/room TBA (see [www.westbrookctschools.org](http://www.westbrookctschools.org) for updates):

**March 20: Digital Citizenry: Educating on Cyber-Use with a Purpose.** Technology is here to stay and blaming it for inappropriate behaviors is no solution. Learn why education is the best solution to cyber bullying.

**April 10: Positive Approaches to Substance Abuse and other Risky behaviors.** Learn how positive school climates may help us to stop the increase of serious substance and other abusive behaviors.

### **Heating Assistance**

The Connecticut Energy Assistance Program (CEAP) is currently accepting applications. Please call your local Community Action Agency at the phone number provided below, 2-1-1 Infoline or DSS Office of Community Services at 1-800-842-1132, if you have energy assistance questions.

[www.ct.gov](http://www.ct.gov)

### **Transfer Station Hours:**

**Mon., Wed., Sat.**

**from 8:00 a.m. to 3:00 p.m.**

**PHONE: 860-399-6356**

### **Town Garage:**

**185 Horse Hill Road, Exit 64**

**860-399-6891**

### **Town Hall Closed**

**Friday, April 18 President's Day**

**Monday, May 26 Memorial Day**

## *Free Tax Help Available for Middlesex County Households Earning \$50,000 or Less*

Free tax preparation sites are open now through April 9, 2014 in Middletown for families with a household income of \$50,000 or less.

The Volunteer Income Tax Assistance program is an official IRS program, and all tax preparers are trained and certified to ensure that low-to-moderate-income families receive the refunds and credits that they have earned, including the federal and state Earned Income Tax Credits and the Child and Dependent Care Tax Credit.

In 2013, the two VITA sites in Middletown helped nearly 450 Middlesex County residents file their taxes for free and returned \$578,000 back to taxpayers. Those who filed with Middletown VITA sites had an average Adjusted Gross Income of \$20,053 and received an average refund of almost \$1,620, money they have earned. This impacts not only those who filed their taxes, but also their families and the local economy.

Appointments are required and are being offered during the evenings and on Saturdays at the Middlesex United Way office and at the North End Action Team. To make an appointment,

dial 2-1-1 on your phone. Individuals should bring a checkbook or voided check for direct deposit of their refund. Direct deposit is the quickest way to receive the refund, usually within one to two weeks.

When attending their pre-scheduled appointment, individuals should bring: valid photo ID; social security cards or ITIN; documentation for all income; documentation for deductible education expenses and student loan payments; birth dates for everyone in the family; interest and dividend statements; total amount paid for child care as well as day care provider's tax identification number and address; a copy of last year's federal and state income tax returns, if available; and the current year's tax package if you received one.

Middletown VITA sites are coordinated by the Middlesex VITA Coalition, a partnership of Middlesex United Way and the North End Action Team (NEAT). The Middlesex VITA Coalition receives support from the Connecticut Association of Human Services (CAHS).

## **Recycling Information**

### **ACCEPTABLE RECYCLING ITEMS AT TRANSFER STATION**

CARDBOARD (MUST BE IN 3FT LENGTHS, FLAT & BUNDLED)  
NEWSPAPER & INSERTS  
MAGAZINES, BROCHURES, JUNK MAIL, CATALOGS  
PAPER BAGS  
PAPER BOXES (CEREAL, EGG CARTONS)  
PHONE BOOKS  
HARD & SOFT COVER BOOKS  
WHITE & COLOR PAPER ENVELOPES (WINDOW OK)

FILE FOLDERS  
SCHOOL PAPER  
SHREDDED PAPER (IN PAPER BAG)  
MULTI 3 PLY PAPER  
WHITE, GREEN & BROWN GLASS BOTTLES  
TIN CANS & ALUMINUM CANS  
ALL PLASTICS #1 TO #7  
EMPTY AEROSOL CANS

### **UNACCEPTABLE ITEMS FOR RECYCLING AT TRANSFER STATION**

NO GARBAGE OR FOOD WASTE  
NO PLASTIC BAGS OR PIZZA BOXES  
NO MIRRORS OR WINDOW GLASS  
NO CERAMICS OR LIGHTBULBS  
NO USED PAPER PLATES, NAPKINS OR TOWELS  
NO MOTOR OIL OR CHEMICAL CONTAINERS  
NO ELECTRONICS, BATTERIES, CD'S OR DVD'S

NO ICE CREAM CONTAINERS  
NO PLASTIC TOYS OR SPORTING GOODS  
NO WIRE OR PLASTIC HANGERS  
NO POTS OR PANS  
NO YARD WASTE OR GARDEN TOOLS  
NO CAT LITTER OR HAIR

## Epilepsy Foundation of Connecticut

The Epilepsy Foundation of Connecticut is Connecticut's leading source of information for the thousands of people who have epilepsy. Founded in 1982, the Foundation works to ensure that people with epilepsy are able to participate in all life experiences through information, education, recreation, advocacy and support.

"There are approximately 60,000 people in Connecticut who have epilepsy and an estimated 50,000,000 worldwide. Epilepsy is the most common neurological disorder in the United States and is equal in prevalence to cerebral palsy, multiple sclerosis and Parkinson's disease combined," said Linda Wallace, Executive Director.

A seizure is an abnormal electrical discharge in the brain. Seizures can be caused by head injuries, lack of oxygen at birth, brain tumors and other health condition. People often think of seizures only as jerking and shaking uncontrollably; however, not all seizures are convulsions. There are many different symptoms of seizures, which can include eye fluttering, staring and laughing. Recurring seizures can be a sign of epilepsy.

The Epilepsy Foundation of Connecticut has many programs to offer those living with epilepsy. In particular, we offer 7 support groups throughout the state. Those interested in attending

meetings are asked to please RSVP, to the Epilepsy Foundation of Connecticut by calling 800-899-3745 or emailing Allison at [Allison@epilepsyct.com](mailto:Allison@epilepsyct.com). For more information visit <http://www.epilepsyct.com> or call 800-899-3745. Offices are located at 386 Main Street, Middletown, CT.

### Library for the Blind & Physically Handicapped

The Library for the Blind and Physically Handicapped is a network library of the Library of Congress' National Library Service for the Blind and Physically Handicapped. We lend books and magazines in recorded formats along with the necessary playback equipment, and materials in braille, for FREE, to any Connecticut adult or child who is unable to read regular print due to a visual or physical disability. Hours: Mon-Fri: 9 am-3 pm, Rocky Hill 860-721-2020. In-state: 1-800-842-4516. [www.ct.gov](http://www.ct.gov)



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[Art.Lineras@cga.ct.gov](mailto:Art.Lineras@cga.ct.gov)

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## Westbrook - Community Listings

### USEFUL NUMBERS

Middlesex Community Foundation . . . . . (860) 347-0025  
 George Flynn Concert . . . . . (860) 669-1208  
 Consumer Protection . . . . . (860) 566-2294  
 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) 399-5402  
 St. Mark's . . . . . (860) 399-9207

### IMPORTANT TOWN HALL NUMBERS

Assessor . . . . . (860) 399-3045  
 Building/Sanitarian . . . . . (860) 399-3047  
 Animal Control Officer . . . . . (860) 790-1075  
 Emergency Management . . . . . (860) 577-0622  
 Web site . . . . . [www.westbrookem.com](http://www.westbrookem.com)  
 Harbor Master . . . . . (860) 399-2477  
 Landfill . . . . . (860) 399-6356  
 Probate Court . . . . . (860) 510-5028  
 Recreation . . . . . (860) 399-3095  
 Registrar of Voters . . . . . (860) 399-3042  
 Selectman's Office . . . . . (860) 399-3040  
 Social Service . . . . . (860) 399-3040  
 Tax Collector . . . . . (860) 399-3043  
 Town Clerk . . . . . (860) 399-3044  
 Town Garage . . . . . (860) 399-6891  
 Town Web site . . . . . [www.westbrookct.us](http://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

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