

Westbrook **events**

VOLUME 19 • QUARTER 2 • 2019



***Celebrating Barbara Spencer
and the Westbrook Foundation -
page 20***





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Selectman's Corner

Celebrating the Westbrook Foundation

This issue of Westbrook Events contains several articles highlighting the many outstanding contributions that have been made by the Westbrook Foundation. We are extremely fortunate that our community has a local foundation that, thanks to Barbara Spencer, has been a financial resource supporting community projects, most notably by providing high school scholarships to countless students. Organizations including the Westbrook Library, our schools, the Fire Department, YMCA and many others have benefited.

We are, in many immeasurable ways, who we are as a community because of the Westbrook Foundation's financial support that has sustained many tangible Westbrook initiatives. Our municipal resources are often too constrained to support projects that the Foundation has funded. Please see pages 20-22 for commemorative articles celebrating Barbara Spencer and the Westbrook Foundation.

It is appropriate that we commemorate their generous support by hosting a community event. On August 8, 2019, @ 6:00 pm at

the Pavilion located at the Firehouse Playground, the Town will host a program and picnic acknowledging the Foundation.

I strongly encourage all interested individuals in Westbrook to be a part of this festive occasion. It is important that you RSVP to Suzanne Helchowski, shelchowski@westbrookct.us if you wish to attend so we can plan for refreshments. We have chosen the pavilion located behind the Fire House since many of the projects recently funded by the Foundation are located adjacent to the pavilion.

There will be a few brief speeches followed by a picnic. Several distinguished guests have been invited from the State and National level. Please join us for this important occasion.

Noel Bishop
First Selectman



Noel Bishop

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MISS MULVEY



Westbrook Emergency Management

Know Your Weather Terms

The National Weather Service uses terms when hazardous weather is/has the potential to threaten our region: "WATCH" and "WARNING." These terms are used throughout year as it relates to thunderstorms, flooding, tornado, tropical storm/hurricane, nor'easter and other various weather events. Throughout the spring and summer seasons, our region's probability increases for thunderstorm activity. These weather events can cause hazards for those:

- Working outside
- At the beach / pool
- Playing golf / baseball / other outside sports
- Picnics / family - social events

In order to stay aware of any inclement weather, please consider:

- Installing a weather app on your phone to notify you when a Watch/Warning is posted. Many weather apps allow numerous locations in your settings for notifications. This is an excellent option for family, work and friend's locations.

- Purchase a NOAA All Hazards Weather Radio for your home. Most units are under \$50 and can be purchased at local retailers,

Amazon and other online websites. The unit sits quietly until a Watch/Warning is issued.

- If you participate on Facebook, Twitter or other social media, review your notification settings on your phone and electronic devices. Ensure you are receiving important notifications as 'PUSH' for real time announcements. (Example: Westbrook Emergency Management, National Weather Service New York).

For safety information on specific weather events, go to the Westbrook Emergency Management website at www.westbrookem.com and click on Weather Safety.

If you lose power due to any event, activate your Emergency Power Outage Plan that includes contacting Eversource immediately at 1-800-286-2000. Eversource also supports text messaging notifications from your mobile device. Contact Eversource for more information with this feature.

Donald Izzo, Emergency Management Director

Reminder Dog Ordinance

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

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A Message from your Town Clerk

It is that time of year; once again!

All dog license renewal reminders will be mailed out to all of our residents on May 31st for the upcoming season. Be sure and look for that bright neon green card in your mailbox! All fees are listed on the back of the notice.

Proof Of Rabies Vaccinations Is Required By The State Of Connecticut In Order To Renew Your Dog's License. If your dog's rabies certification has expired, please be sure to have

it renewed prior to renewing your dog's license. We can not issue a renewal without it. Dog licenses will be renewed and will take effect on July 1, 2019.

****Every license that is renewed through the end of June will be entered into a drawing to win one of three gift baskets full of dog treats, toys and goodies to thank you for being a responsible pet owner.**



Westbrook Senior Center

Upcoming Summer Events

Cookout - June 5 and 19 at 12:00 pm

Intergenerational Ice Cream Social

June 20th 5:30pm-7:00 pm

Summer Sun and Heat Safety

Presentation

June 26th 1:00 pm

Cookout - July 3, 17, and 31 at 12:00 pm

Cookout - August 7 and 21 at 12:00 pm

"Your Life, Your Legacy" presentation

August 28th 1:00 pm

A schedule of daily activities, special events and weekly meal menu is available at the Senior Center or on our website at www.westbrookct.us

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.

We look forward to seeing you.

Courtney Burks, Director



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Give Thanks to Adopt-A-Spot Volunteers

Thank you to all the Adopt-A-Spot volunteers who are maintaining their spots during the growing season. Look around town for the identifying blue oval signs and see if you know any of the volunteers. The spots can be found on Town of Westbrook property at Mulvey Center, the green, the library, the beach, a welcome sign, a road, and two bridges. If you know an adopter, reach out and thank them for their efforts. These

volunteers are helping to beautify Westbrook one spot at a time.

Now is a great time to adopt one of our vacant spots. You too can nurture a spot to beauty.

Find out more by calling Deb at 860-399-0664 or check out the Adopt-A-Spot page at the town web site: www.westbrookct.us.



Old Clinton Road Bridge Adopt-A-Spot in full flower.

From the Nurse's Corner

Summer season is fast approaching along with warmer weather. It is important, especially as the temperature rises, to stay hydrated. On average one million elderly are hospitalized every year in the U.S. due to dehydration. Our sense of thirst can decrease with age so it is important to recognize the symptoms of dehydration; fatigue, dizziness, confusion, falls and muscle cramping. Dehydration can increase the risk of developing a urinary tract infection, injury from a fall, skin ulcers, kidney and heart problems, blood clots and pneumonia. Hydration is also important to help flush medications out of

the body. It is important to stay hydrated because it enables our circulatory system to function smoothly, keeping our skin moist, our joints cushioned, regulating body temperature and blood pressure.

Unless you are on a fluid restriction, six to eight cups or 1.5 to 2 liters of fluid are recommended each day. Fluid includes not only water but milk, juice, soups, popsicles, Gatorade, tea, decaffeinated coffee (in moderation) and flavored water.

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Tax Collector's Office

The Westbrook Tax Office would like to remind you of several important issues. July is just around the corner. Bills will be mailed at the end of June. You have the whole month of July to pay without penalty. Interest is accrued at 18% a year 1.5% a month back to the original due date of July 1st. June is your only billing. Remember we do not rebill for the January payment.

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

REMINDER

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

TRAFFIC TICKETS

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

CHECK YOUR CAR REGISTRATION

Please check your registrations to make sure it has not expired. If your vehicle has an outdated registration please go to the DMV to renew your registration immediately. If you need a DMV clearance immediately the taxes must be paid in cash. If paying by check we will need to wait until the check clears. If paying by credit card we must wait twenty-four hours to make sure the payment is cleared.

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

Tax Collector
Kimberly Bratz, CCMC

Have A Great Summer!

from all of us at Essex Printing & Events Magazines



Westbrook Energy Committee

Street Light Replacement Project Nears Completion – Energy Committee seeks ways to mitigate Town’s Energy Costs

Siemens has installed nearly all the LED streetlights and LED bulbs in decorative lantern-top fixtures as of mid-May. This project should be wrapping up over the following month, and then the Town will be eligible for an estimated \$50,000 rebate on the \$200,000+ cost of installing the fixtures and bulbs. Westbrook will be saving some \$70,000 annually in Eversource charges for maintenance and energy since the Town has taken over street-lighting responsibilities.

While LEDs are designed to last over 20 years, manufacturing imperfections sometimes can cause outages in the first year. If this occurs, warranties from both the manufacturer and installer would cover any replacement costs. If residents notice streetlights that are not functioning, flickering (due to a malfunctioning photo-control) or damaged, they should call Colleen Topitzer at the Department of Public Works at (860) 552-4496 with both the

pole number and physical description of the location (nearest house numbers or landmark).

Special thank you to Colleen, John Riggio and the Public Works department for responding to resident inquiries regarding the street light project since the Town purchased the existing street lights from Eversource.

Westbrook’s Energy Committee continues to evaluate projects that could mitigate energy costs for the Town. This summer the Committee will be looking into the feasibility of a solar array on the Town’s landfill. This site has potential to benefit residents and businesses in Town while also providing tax revenue to the Town. We will keep you posted on the Committee’s progress.

The Energy Committee welcomes participation from residents and businesses at their monthly meetings third Wednesday of the month 5 pm at Town Hall. Volunteers are always welcome.

Chris Ehlert, Chairperson; Bill Fish, Vice Chairperson

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Westbrook Board of Education

It is time to consider our Westbrook High School graduates in light of current controversies surrounding the value of the high school diploma and postsecondary schooling. For many years now, educators have accepted the challenge of increasing graduation rates only to be met with countless refutations of the value of the diploma as an identifier of college and career readiness. The conundrum fosters the constant dichotomy between pushing all of our high school students toward graduation and the inevitable realization that higher expectations and rising standards will produce those who need more time to find their success by other means. In education today, we must accept the reality of raising expectations fighting with higher graduation rates, but at Westbrook that does not have to mean settling for lower graduation rates. Rather, our professionals consider the multi-tiered value of the diploma as an indicator of various levels of academic achievement and its relevance to college and career choices. In fact, Westbrook has entered into the competitive market of student college and career aspirations; they do come in all sizes and shapes, with blueprints for success that promise bright futures for our graduates and for the world (however small or large) they envision for themselves. We are meeting them on the pathway they choose for themselves and our partnership with them must engage families and community.

Secondary education is awash in studies that snipe at the value of the high school diploma and proves that an increase in high school graduates does not equate with a more “prepared career workforce, a drop in joblessness and a rise in employer confidence in education.” A rise in business community confidence that the high school diploma provides little evidence of what its holder knows or is



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able to do. Amid this debate, we are making a commitment to career and college readiness; all of the possibilities that present a myriad of opportunities for the 21st century graduate. Tracking graduate success is an important part of this effort and in that pursuit we are recognizing the value of Westbrook student pursuits as well as choices. We accept that career training may be packaged in the field or in the college curriculum and dare to lead and follow students through their acceptance stats. Let's deconstruct the value of that count now. All too often, we, the community surrounding and supporting our learners, measure their success in their college or postsecondary choices. That is a narrow data strand impacted as much by the circumstances and myths of family practicability, financial package availability and the constraints of geography. Let's look instead at the way the world of future planning looks at our graduates. Let's consider Westbrook student acceptances. They are in perspective more than impressive.

Tracking the kinds of colleges/universities from which our students have received acceptances offers a conservative estimate of nearly 300 fully accredited institutions to date from 2016. Consider some of the important colleges/universities from just this short list: Assumption, Bentley, Casselton, Emerson, Fairfield, Franklin Pierce, Furman, Gettysburg, Hofstra, UMass, Northeastern, Norwich University, Providence, Quinnipiac, Roger Williams, Sacred Heart, Salve Regina, Stetson, Stony Brook, Syracuse, Vassar, Virginia Tech, UCONN, Central, Southern, Eastern and Western State University, all coming in this school year 2019. 2018 saw all of the above, with additions such as Siena, South Carolina U, Southern New Hampshire, St. John's, Univ. of Vermont, Bryant, Campbell, Belmont, Clarkson, Worcester Polytech, Curry, Drexel, Endicott, Elon, Emory, Fordham, Univ. of Hartford, Holy Cross, Keene State, Loyola, Florida State, Univ. of Florida, Merrimack, Mitchell, Mount Holyoke, NYU, Plymouth State, URI, Salem State, Suffolk Univ., Washington U, West Virginia U, College of William and Mary, Baylor U, Colorado Univ., Iona College, Ithaca College, Johnson & Wales U, Long Island U, Manhattan College, Manhattanville College, Monmouth, Nichols, Oklahoma City U, University of Ottawa, University of Maine, New England University, Temple U, Western New England U, Utica, Springfield College, Connecticut College, Marist College, Michigan University, Marquette, Maine Maritime Academy, Univ. of Maryland, Monserrat College of Art, Rutgers, Simmons, Smith, Wesleyan University.

Without a doubt, there are many ways to assess this impressive list of colleges and universities from which Westbrook students have invitations to enroll, but none any more important than the controlled burn they represent as the continued growth launching pad they offer our graduates. To be certain, this list speaks volumes about the work of our professionals (administrators, teachers, student support professionals) who recognize the value of traditional academics, but underpin the empowering value of our students individual strengths and pathways to success as just as important in their individual growth stories.

Reminder ~ Town Passes

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Non-Resident Parking Pass can be purchased at the beach.



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

SCHOOLS

Daisy Ingraham Elementary School	(860) 399-7025
Junior-Senior High School	(860) 399-6214
Middle School.....	(860) 399-2010
Superintendent of Schools.....	(860) 399-6432

HOME HEALTH CARE

Visiting Nurses of Westbrook.....	(860) 399-3088
Ambulance & Oxygen Business Calls	(860) 399-7000

POLICE DEPARTMENT

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

LIBRARY

Westbrook Public Library	(860) 399-6422
--------------------------------	----------------

USEFUL NUMBERS

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

Outdoor Fire Pits

Fire pit usage is starting to increase. I have been fielding numerous calls about fire pit safety. I am providing some information that may answer some questions if you decide to use an approved fire pit. Remember, always check with the local authorities if you have any questions before using any fire pit. According to the Department of Energy and Environmental Protection the burning of wood in a campfire, bonfire, chiminea or other similar devices is prohibited if the burning is conducted so that it creates a nuisance for neighbors or it is in violation of any restrictions imposed on such burning by your local municipality. Special attention should include: limiting the size of such fires; setback distances from structures and/or property lines; lot size and more. Please check with your local Open Burning Official for any restrictions or requirements. Camp/Bonfire, Fire Pit, & Chiminea or other similar devices creating complaints regarding smoke, nuisance odors, or other complaints are best directed to your Open Burning Official and/or local Fire Marshal. Please visit your town's website to obtain the appropriate contact information.

Issues or concerns relating to the health effects created or experienced from burning in these types of devices should be directed to your local Open Burning Official as well as your local Health Department. In the case of an emergency please call 911 or your local Fire Department. Incomplete combustion that typically occurs when wood is burned in a campfire, bonfire, fire pit, chiminea or similar device can create large amounts of smoke and un-burnt particulate matter. This pollutes the air and can make it difficult for people with respiratory problems to breathe, particularly in densely populated areas. Excessive smoke emitted into the atmosphere at ground level can be a nuisance to your neighbors. A nuisance is considered to be the unreasonable, unwarranted, or unlawful use of one's property in a manner that substantially interferes with the use or enjoyment of another individual's real property, without an actual trespass or physical invasion to the land.

Burn only clean, non-processed wood. No wood pallets, construction debris, painted wood, stained/treated wood, leaves or garbage can be burned in a campfire/bonfire, fire pit, chiminea or other similar device. Non-processed wood is considered to be any untreated, natural wood up to and including rough cut lumber. Processed wood is considered to be any wood that has been milled and/or planed and includes recycled wood, glued wood, treated wood, pallets, crates, and/or wood scraps from these types of materials.

Safety Concerns: When burning wood in a campfire/bonfire or in one of the above-mentioned devices, the utmost caution must be exercised to prevent injury to yourself or others and to prevent damage to your home or property. Some important safety precautions to take if you have a fire

pit: Whether you already have a fire pit or are planning to add one, invest some effort in reviewing fire pit safety. This is especially important if you're new to using a fire pit. It only takes a second for a cozy fire to burst into a blazing inferno. Ensure you get the most enjoyment from your fire pit by keeping family and friends safe. Fire pit safety starts with selecting the right site. Make sure the ground is level, especially when using a portable fire pit. Keep fires located at least 25 feet or more away from surrounding plants, as well as from nearby buildings, including your home. Never operate your fire pit beneath a building overhang or in a partially enclosed space. Use special caution related to overhanging trees, which can easily ignite from flying wood-fire sparks. In fire-prone areas, surround your fire pit with non-combustible materials, like crushed stone, brick, or sand. In wood-stoked fire pits, safety begins with fuel. Only burn wood that's been seasoned at least six months. Do not use construction materials, such as plywood pressure treated or composite woods, which can release toxic fumes when burned.

Softwoods, like pine and birch, tend to produce more crackles and sparks than seasoned hardwoods, like oak or hickory. For wood-burning fire pits, cut logs so their length is less than three-quarters the diameter of the pit. Never use lighter fluid or gasoline to start a fire in a fire pit. If your fire pit has a screen, use it whenever you're burning. It's also a good idea to have a bucket of water or garden hose handy to deal with wayward sparks from wood fires. Attach a hose-end multi-pattern nozzle to the hose, setting it to "spray." A shower-type spray douses a flare up, while a direct stream of water can spread sparks. Keep fire gloves nearby to handle hot parts of the fire pit safely.

Position chairs so folks can rise and move about seats without risking tumbling into the fire. Built-in seating prevents seats from being drawn too close to the flames; so do heavier chairs. Keep an eye on children whenever a fire pit is being used. Don't allow them to get too close to the blaze. Do not light a fire in windy conditions. When you're done enjoying your fire for the evening, douse it properly. Most manufactured fire pits offer specific instructions for extinguishing a fire. Review the instructions before it's time to put out your fire. Water can crack ceramic fire pits and some metal ones.

Burning of Brush

The burning of brush always requires a permit. There are many rules and regulations set forth by the State of Connecticut, Department of Energy and Environmental Protection that have to be followed. The burning of leaves is not allowed in Connecticut. Contact the outdoor burning official with any questions and to obtain a permit.

John E. Palermo,
Town of Westbrook, Open Burning Official



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Westbrook Garden Club

Spring struggled to arrive this year, but the very wet weather did not dampen the enthusiasm of the Westbrook Garden Club to commence this year's community service programs.

We are continuing work on our Meadow Making Project at Salt Island Overlook. With the help of recent grants, we are able to expand on last year's progress. Our very dedicated volunteers are doing more clearing, weeding and mulching and additional paths are being drawn. A wide variety of plant material including New England asters and a selection of grasses will be planted and maintained throughout the season. Grass and poppy seeds will be spread along the Post Road for additional color. Hopefully the site will attract songbirds and butterflies for our added enjoyment. It is our hope that the community will visit and take advantage of the site.

We also sponsored our annual plant sale on May 18 at the Westbrook Town Hall. As well as a wide variety of annuals and herbs we featured hanging baskets and, new as of last year, home-made baked goods and a selection of jewelry. Both are popular attractions and helped make the sale a success. These earnings help to sustain the projects the Club sponsors in the community plus the programs we offer at our monthly meetings to which the public is always invited.

Spring is also the time the Club designs and plants the containers and window boxes at commercial locations in the center of town along the Post Road. These will be maintained by Club members throughout the season for the enjoyment of the entire community. We know from the reaction of many in the town that our efforts are appreciated, and we look forward to another season of serving the people of Westbrook. We in the Club welcome anyone who shares our commitment and invite you to participate by becoming a member. Any questions may be directed to us at westbrookgardenclubct@yahoo.com or visit us on Facebook: Westbrook Garden Club of CT.

Annual Carnival: Westbrook Chemical Engine Co. No. 1 Inc.

The annual Carnival sponsored by Westbrook Chemical Engine Company No. 1 Inc. will be held July 10th to 13th at Ted Lane ball field. Rides open at 6:00 pm and wristbands will be available every night. Firefighters and Auxiliary members will be manning the food booth serving: hamburgers, hotdogs, chicken strips, French fries, fried dough, pulled pork sandwiches, nachos and fried Oreos. In addition to the carnival rides and games WCEC will have the Model T out for rides and the Dunking Booth will be waiting for you to try your arm at dunking our volunteer.

As a volunteer organization we are proud to provide emergency medical, rescue and firefighting responses to the residents of Westbrook. If you are interested in becoming an Auxiliary, Junior or Regular Member of the Department, please call 860-399-3473 or stop by Headquarters any Wednesday evening after 7:00 pm.

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Westbrook Recreation ~ Summer Concert Series

Friday Nights/Westbrook Town Green / 6:00-8:00 pm in July!

5:30-7:30 pm in August

Rained out concerts will be made up on Sundays when possible!

July 5th Shaded SoulMotown, Soul and More!
July 12th Big Deal Rock.....High Energy Rock Dance Band!
July 19th CJ West & the Downtown Train...They will Surprise you!
July 26th Trouble on the Playground60s-90s Rock Music!
August 2nd We-Three-Trio.....Oldies and Contemporary Music!
August 9th Night FlightEagles, Bon Jovi, CS&N & More!
August 16th All Funk'd Up!High Energy R & B, Funk and Jazz!
August 23rd The Future Heavies.New Wave & 80's Music
August 30th Number NineBeatles Music Forever!
September 6th... Eddy Forman Orchestra.....Polka Jammers' Rock!

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

Town Hall Hours

Mon – Wed: 9:00 am – 4:00 pm

Thursday: 9:00 am – 7:00 pm

Friday: 9:00 am – noon

Town Hall Closed

July 4th - Independence Day

September 2nd - Labor Day

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Westbrook Historical Society

Dr. John Ely ~ Westbrook's Famous Physician of the Revolutionary War

One of our goals this year is to identify and profile the story of Westbrook's Revolutionary War veterans. Researcher Claire Smith gives us a peek at Dr. Ely's story here.



Col. John Ely & Reverend William Worthington – Old Burying Ground – Westbrook

As soon as “the shot heard round the world” was heard from Lexington, Massachusetts in 1775, John Ely met the call. At thirty-eight years, he mustered up a company of local men and, as their captain, led them on a march to Boston. Left in Westbrook was his wife, known as a “great beauty,” the daughter



Col. John Ely State Marker behind his gravestone

of Westbrook's Rev. William Worthington and mother of, eventually, seven children.

Dr. John Ely was a physician famous for his success in treating smallpox. He is said to have treated four hundred patients and lost but one. Just before the war broke out, Dr. Ely had purchased Duck Island off the shore of Westbrook and built a smallpox hospital there. News of his success in arresting the horrid disease went well beyond Westbrook, and got the attention of General George Washington, who, in 1776, sent for him when the disease threatened to decimate the Continental Army. Dr. Ely became one of the most famous physicians in the American Revolution.

Colonel Ely's last years of service (1777-1779) were spent in British captivity on Long Island, where, despite opportunities to be released, he chose unselfishly to stay with the troops in order to give them medical attention and provisions, paid for with his own money. After those gruesome three years, broken in health and impoverished, he rebuilt his Duck Island hospital burned down by the British during the war. He resumed his medical practice in Westbrook until his death in 1800.

Save the Date! Our 39th Day on the Green Craft Fair is Sunday, July 21st, 10 - 3 pm.

Catherine Neidlinger Doane, President
Westbrook Historical Society, Inc.

Harbor Management Commission

The Patchogue River will be dredged by the US Army Corps of Engineers dredge, the “Currituck,” beginning on or about June 1st. Dredging will be 12 hours/day from 6 am to 6 pm. Marine traffic will be somewhat affected during the process, and the Currituck is currently scheduled to be here for 9 days.

Harry Plaut is the new Acting Harbormaster for the town of Westbrook. We are waiting for the governor's office to officially



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appoint him starting July 1, 2019. He may be reached by phone at 860-982-7555.

Live registration for moorings offshore will be at Town Hall from 5:30 to 7 pm on Thursday, May 16, and Thursday,

June 13. All moorings offshore must be registered with the town or face removal.

Westbrook Recreation Programs

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

It's time to sign-up for our Summer Day or Teen Camp programs. Summer Camp officially starts on June 18th. We provide inexpensive, safe and quality childcare for children between the ages of 4 to 14 years old. Arts & crafts, sports, field trips, beach day and many other activities are all part of the day camp experience. Your child will make new friends, learn new games and visit interesting places. Make this summer a special one for your child and sign-up now!

WEEK AT THE BEACH / August 12th - August 16th. It's a perfect way to finish the summer and go out with a week full of fun! Each day, parents will drop off and pick up their children

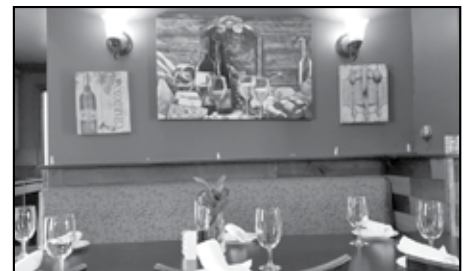
right here at the Westbrook Town Beach. Drop-off will be at the Westbrook Town Hall and Library, if it rains on any of these days. Please remember that there are two field trips during this week and that each camp has assigned days!

HANGOUT WEEK / The week after summer camp ends has always been difficult for finding dependable childcare. Hangout Week will be held August 19th – 23rd at the Westbrook Library. Hangout Week has no field trip but is still a great way for children to have fun before school starts. Access to library books and other materials will be available so children can catch up on summer reading. Hours during this week are limited to 7:30- 6:00 pm, due to staff availability.

The Westbrook Recreation Board hopes that all of our residents have a happy, safe and fun summer. Everyone can now register online at westbrookrec.com. If you are not a Westbrook residents and want to receive our brochure, please call us at 860-399-3095. Nonresidents are always welcome to join us.



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Westbrook Public Library ~ Summer Activities

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NUTMEG BOOK CLUB

Join us this summer, Thursdays at 6:30 pm in the lower level community room to discuss your summer reading books with crafts & book related snacks!

July 11th - Save Me a Seat

by Sarah Weeks (Grade 4-6)

July 18th - Fuzzy by Tom Angleberger

(Grade 4-6)

July 25th - Elementary Nutmeg

(Choose Any Title, Grades 2-3)

August 1st - Ban This Book

by Alan Gratz (Grade 4-6)

August 8th - Elementary Nutmeg

(Choose Any Title Grades 2-3)

August 15th - Jumbies

by Tracey Baptiste (Grade 4-6)

BEACH STORY HOUR

Wednesday July 3rd, 10th, 17th, 24th, & 31st at 10:00 am. Join Mrs. Nyman at the Town Beach for story hour this summer! On July 17th, we have special visitors, Sunny Train- Lala & Christopher- joining us. In case of rain, story hour will be held in the community room.

PARENTS & CHILDREN EVENTS

Two special events will take place this summer for students 8 years old and up and parents. Both programs start at 6:00 pm. SPACE IS LIMITED AND REGISTRATION REQUIRED!

July 23rd — Jewelry Jam

Learn to make unique jewelry with Kim Larkin.

August 13th — Parent/Child Art Class

Create art side-by-side with your child, instruction by Kim Larkin.

DENISON PEQUOTSEPOS

NATURE CENTER EVENTS

Saturday, July 27th at 10:00 am

Celestial Creatures

Let's look to the sky for our animal constellations. Meet some of the creatures they are named after and design your very own constellation.

Saturday, August 10th at 10:00 am

Our Universal Neighbors, the Planets:

From Mercury to Mars, hands-on activities, learn about Earth's neighbors

and the make a "Ring of Saturn Whirligig" to take home!

Mr. Magic

Thursday, June 27th at 1:00 pm

Join Mr. Magic for his new "Out of this World" Magic Show!

To Be Read (Teens)

Tuesday, July 30th 6:00 pm

Check out upcoming teen books and get free copies with Kathy Sharp. Open to teens.

Kid's Corner

Saturday, July 20th at 10:00 am

Open to grades K through 4th, stop by for a presentation on rockets and see one blast off!

Bring the Hoopla

Tuesday, August 6th at 3:00 pm

Open to ages 7 and up. Let's have some fun with hula hoops!

Polymer Power

Saturday, August 17th at 10:00 am

The Science Center of West Hartford conducts slimy experiments for children grades K through 6.

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Well, Well, Well ... Getting to Know Three Healthy Businesses

Wellness is the word at Westbrook Place in Westbrook's Town Center as we welcome three new health-based businesses:

640 MASSAGE THERAPIES

Tabatha Krier, LMT, CMCP, moved her massage therapy services to Westbrook Place to expand her thriving business, adding three additional therapists and a wider range of treatments.

"While some people see massage as a luxury, we also serve people who see massage therapy as part of their active lifestyle. We have clients who work out five or six times a week, and we have older clients who want to age more slowly, more gracefully and pain-free," says Krier.

Services include the classic Swedish and deep tissue massage, medical massage (coordinated with a patient's physician) and massage cupping to improve circulation and accelerate healing. 860-399-0667 / 640massage.com

JODI RN

Jodi Iaccarino, RN, CPT, already enjoys a loyal fitness following along the Connecticut shoreline. A registered nurse and member of the American Association of Diabetes Educators, Jodi says her mission is to "provide a safe, comfortable, private facility where people can attain better health through exercise, diet and other modalities. I believe that anyone can improve their body and mind through regular exercise, attention to proper nutrition and a positive, grateful attitude toward life." Jodi and her team provide strength training, cardio classes, weight loss management, pre-diabetes and diabetes counseling, exercise through pregnancy, exercise for aging, and programs for teenagers with disabilities, including autism. 203-907-6495 / jodirn.com.

KEMPINSKI CLINIC AND HEALTH SPA

Thomas Kempinski, DC, DACNB, a board-certified chiropractic neurologist and functional medicine practitioner, follows a drug-free, surgery-free approach to wellness based on the principles of neuroplasticity – the brain's ability to form and reorganize new neuronal connections in response to stimulation.

Chiropractor Cynthia Kempinski, DC, DACNB, specializes in functional medicine and clinical nutrition. Both are skilled in sports rehab, athlete optimization, concussion baseline testing, kinesio taping, pain management, vision therapy and cognitive enhancement.

Relocating from Atlanta, the Kempinskis look forward to raising their family in Westbrook, where Cynthia has family ties that go back 100 years. 678-861-3424 drkempinski.com.

Written and submitted by Marcia Simon for the Economic Development Commission. marcia@mseusa.com / 860-395-7244.

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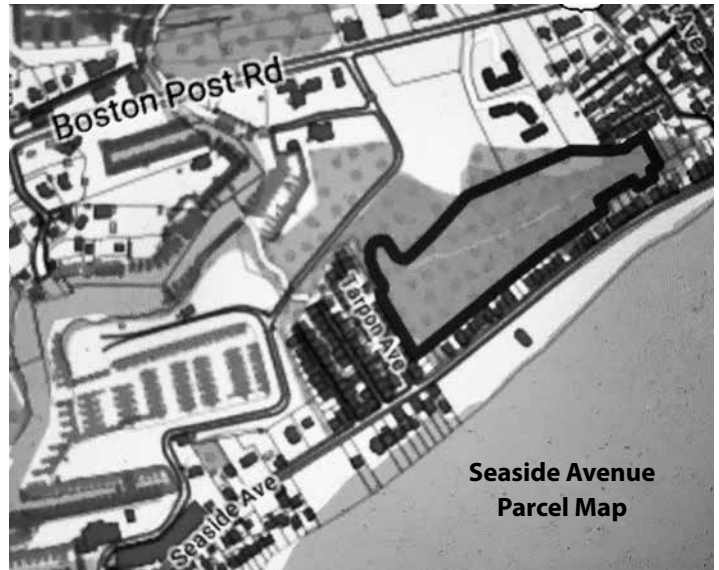
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Westbrook Land Conservation Trust

In March, 11.47 acres of tidal wetland was deeded to the Land Trust. This large tract is a generous gift from the estate of Marilyn A. Dauch. Located behind many homes, north of Seaside Avenue between Old Pent Road and Tarpon Avenue, across from the Town Beach, it is distinctive. If driving along Seaside, you will note two right of way accesses on Seaside currently posted with WLCT signs. From these access points, you will note an occupied Osprey nest, which is the second the Trust now embraces on its properties!

Nearly all of the land is tidal marsh, which is especially fragile, and important ecologically. Therefore, entrance is currently discouraged. However, the Land Trust is formulating plans for educational access. Our mission is to regularly monitor, safeguard, and educate the public regarding natural resources such as this. On Sunday, July 21st, we will provide maps and information at a "Meet and Greet" for neighbors, under a tent at the Town Beach between 1-2 pm.

The Westbrook Land Conservation Trust owns 31 land parcels totaling over 150 acres, as well as the conservation rights to 51 acres. We celebrated our 50th anniversary in 2018. If you live near a parcel and would like to join in its stewardship, or simply appreciate the protected open space we preserve, please consider joining this organization. Write or email us at: WLCT, PO Box 1124, Westbrook, CT 06498. Email: WestbrookLCT@yahoo.com.




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The Dangers of Xylitol

Most people know not to feed their pets food like chocolate and grapes, but sometimes danger can come from unexpected places. Due to an artificial sweetener called "xylitol," a pack of gum can be more dangerous to dogs than an entire bar of chocolate. Xylitol is often used in gum and "sugar-free" foods like candies, gummies, and baked goods. While harmless to people, xylitol can be extremely dangerous to cats and dogs. Even if a large dog eats just a few pieces of gum, it's still enough to cause hypoglycemia (low blood sugar), liver failure, and seizures.

As xylitol's popularity grows, it's important to be vigilant about what food you give your pet. Even typically dog-friendly treats like peanut butter can now sometimes contain xylitol. It can also show up in items such as toothpastes, deodorants, and over-the-counter medications, so make sure to always check the ingredients list before giving your pet anything not specifically made for animals. If you keep products or foods containing xylitol around your house, make sure they are in a secure location away from curious cats and dogs.

Symptoms of xylitol poisoning include vomiting, weakness, tremors, and seizures, and can start to show as quickly as 15 minutes after ingestion. With immediate and aggressive veterinary care, most pets will recover. However, if left untreated xylitol can cause liver damage, seizures, comas, and can even be fatal. If you suspect your pet has eaten any amount of xylitol, call your local emergency veterinarian or animal poison control for help.

By Zoe Schwartz, Pieper Veterinary

Middlesex Health Makes You A Top Priority

Fighting cancer isn't easy, but it helps to know that you are getting the best, most personalized care from a highly-skilled team of medical professionals who treat you like a person - not a number.

Accredited by several leading organizations, Middlesex Health Cancer Center uses the latest technology to diagnose and treat patients. The center's nurse navigator program provides specially trained advance practice nurses who guide patients through the treatment and rehabilitation process.

The Cancer Center strives to provide individualized, comprehensive services to every patient, family and caregiver. These services include, but are not limited to, survivorship care, integrative therapies, support groups and transportation assistance. In addition, Middlesex Health is a member of the Mayo Clinic Care Network, allowing Middlesex physicians, and their patients, access to the world-renowned cancer experts at Mayo Clinic.

Middlesex Health Cancer Center has locations in Middletown and Westbrook. For more information, visit www.MiddlesexHealth.org/cancer.

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It takes a community to improve the quality of life for all – neighbors and friends who give their time and resources to support a passion or area of interest. We applaud the good people who are working in partnership to enrich and inspire creativity through the visual, written and performing arts.

Together, we are making a real difference. Thanks to our donors, funds, and our nonprofit partners, the arts are flourishing in our community – both “on stage” and “behind the scenes.” Together we are teaching our young people – and people of all ages – to sing, dance, sketch, paint, and even play an instrument. We are helping performing arts organizations purchase updated sound and lighting equipment to enhance production capability and audience experience. Thanks to you, our artists are sharing their talents and receiving that wonderful “Round of Applause.”

Thanks to you, by combining our resources, we are able to make even the smallest gift have a big impact - through charitable funds that support not only arts and culture, but also animal welfare, health and social services, education, history, the environment, civic improvements, recreation, and economic security and opportunity.

We celebrate all of you who share the same desire to help our local community thrive today, and tomorrow.

We invite you to learn more by calling us or visiting us online.

Celebrating Barbara Spencer and the Westbrook Foundation

The Westbrook Foundation ~ Barbara Spencer



There's no way to quantify the number of lives Barbara Spencer has touched. Sure, we can add up the number of students she

taught in her long career as an elementary school teacher in Westbrook. However, that doesn't begin to capture the magnitude of her influence while alive and, now, long after her passing.

Ms. Spencer was a Westbrook girl through and through. Her family roots in this community are deeper than almost any others. She came from a privileged background, but surely lived by the credo "to whom much is given, much is expected

in return." She found a way to share her love of Westbrook and its people by creating a foundation that has grown in both value and generous contributors. After more than 30 years of giving, the economic health of the Westbrook Foundation has never been stronger.

Barbara initially set out to create a scholarship in her family's name to be presented to a graduating senior at Westbrook High School. From that modest beginning, hundreds of students have been the beneficiaries of thousands of dollars to use in pursuit of their post secondary dreams. Many of these recipients were able to attend a school that, otherwise, would have been beyond their family's ability to afford.

Others have received awards that honored their high school achievements and

inspired them to reach for still higher goals. Recognizing the "giving vehicle" Barbara Spencer creating, other donors have entrusted the Foundation with funds to be distributed to Westbrook children to pursue careers as varied as music, engineering, teaching, public service, mechanical trades, construction, the arts, accounting and medicine among others. The number of lives directly touched by these awards pales when measured against the multitude indirectly affected by the blessings bestowed on their loved ones through this generosity.

A life of service well lived, Ms. Spencer!
A legacy left that continues to remind us all about the most powerful definition of community.

Written by Jim Crawford, Chairman
Economic Development Committee and
former Westbrook High School teacher.

The Early Years of the Westbrook Foundation, Inc. / 1984 ~ 2000

In late 1983, Barbara Spencer approached a number of local persons about her idea for establishing one or more scholarships for Westbrook students. She confided to one of them, Donald P. Morrison, the former First Selectman, that her long term goal was to be able to leave her estate for the benefit of the people of the town. He encouraged her to discuss this with her attorney, H. Judson Carr of Essex, and on January 24, 1984, The Westbrook Foundation, Inc. was formally incorporated. Funding for the Foundation began with a \$25,000 gift from Barbara Spencer, with the limitation that it be used for scholarships for Westbrook students going to college. Donald P. Morrison was its first President.

For a number of years Don would joke that all of the records of the Foundation were kept in a shoe box. Barbara continued over the next decade to supplement the funds in the Foundation to expand the scholarships, but it remained a fairly simple and straightforward operation.

After Barbara's untimely death at the age of 64 on July 10, 1993, the Foundation was advised that it was the sole beneficiary of Barbara's estate, which consisted of approximately \$4.5 million. The Board immediately realized that professional money management would be required, and an account was opened with Smith Barney in Hartford.

The broad instruction by Barbara Spencer was that the funds were to be used for the benefit of the people of Westbrook. The Board received expert advice from people familiar with

non-profits, and spent hours discussing what types of projects would be appropriate. Gradually a system was created for twice annual grant awards, and a formal application process was instituted. Since the Board could not, by law, make grants directly to individuals, only to the Town or other IRS approved non-profit organizations, it established a program of regular grants to the local churches to be used to provide supplemental assistance to people in need.

As a result of these consultations with experts in the field, the Board became aware that the scholarships being awarded to students (which also, by law, had to be sent directly to the school, rather than the student) were being used by most colleges to simply reduce the amount of their financial aid to the student by the amount of the scholarship awarded. The Board retained the services of a tax lawyer with expertise in non-profit foundations, and after a long process received approval from the Internal Revenue Service to award scholarships payable directly to individuals. Although that approval resulted in a much more complicated application and award process, that process ultimately benefits the students who are awarded the scholarships.

The Foundation continued to grow after Barbara's passing through generous bequests from the estates of Henry Ortner, long time resident and founding Chairman of the Planning Commission, and Charles Messerschmidt, another long time resident, as well as gifts from many Westbrook residents and organizations.

Written by Attorney Michael Wells.

A Brief History of Westbrook Foundation Grants to Westbrook Public Library

The Friends of the Westbrook Public Library has applied for and received seven grants from the Westbrook Foundation.

The first, in 1998, in the amount of \$16,788, supplied half of the amount needed to join the Libraries Online (LION) consortium.

In 2004, the Foundation granted \$15,096 for the purchase of 8 public access computer workstations, software and wifi.

In 2006, the library received a grant of \$14,460 to purchase 4 more workstations, a digital projector and a lectern and sound system for the Community Room.

In 2007, as the Library renovated and expanded, the Westbrook Foundation provided \$150,000 in memory of Barbara Spencer for the furnishing of the new Children's Room.

In 2011, the Foundation provided a grant of \$9,350 to purchase 8 new public computers for the Children's Room, three laptops, four network printers and software. In 2013, the Foundation granted \$6,760 for new public computers in the adult section

and two tablet computers. Practically all the public access computer equipment in the Library has been purchased with grants provided by the Westbrook Foundation.

In 2016, the Foundation provided a grant of \$4,950 to purchase a perpetual subscription to Mango Languages so that Westbrook Public Library cardholders can access free foreign language classes online.

All of us at the library, staff, Board and Friends, are profoundly grateful to the Westbrook Foundation for this consistent and significant financial support all these years. Thank you!

This year, the Westbrook Foundation provided a grant of \$12,000 for the purchase of a portable computer lab consisting of a lockable charging and storage station, 10 Mac Books, 10 PC laptops, and software to support instruction and workshops on coding and other computer learning and activities for students and the general public.

Written by Lew Daniels, Director Westbrook Library

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Westbrook Foundation ~ Essential to Westbrook

The Westbrook Foundation has been essential to the improvement and growth of recreation in Westbrook. Without their support, so many projects would never have been started and our playgrounds would be in very poor condition. The Foundation is an important source of funding for most every recreation improvement in our small town.

At Ted Lane Field, you can witness all the projects that have the Westbrook Foundation's blessing. The bleachers in the grandstand; the new basketball court with two short courts and one full court, end to end. Let's not forget the two awesome playscapes and the beautiful pavilion with

the green metal roof. And finally, the wonderful Wren Park playscape built so many years ago.

Last but not least will be the two new pickleball courts that will be built on Fisk Lane. It will be the Foundation's crowning achievement with a small picnic area in front for families and seniors to enjoy. Our Recreation Board is so proud of all the projects the Foundation has brought to our community. Without the Westbrook Foundation our community would never be as nice and inviting as it is today.

Written by Rich Annino, Westbrook Recreation Director

2019 Household Hazardous Waste

Essex HHW Facility, Rte. 9, Exit 4,
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Sept 7th, Oct 5th & Oct 10th
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June 29th, Sept 14th



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Welcome to the Building Department

David W Maiden, Building Official

Spring is finally here and we all want to be outdoors and to get our long awaited construction projects started. The Building Department will be happy to assist our residents in getting through the permitting process. If you have questions as to whether a permit is required or not, please don't hesitate to contact my office (860)-399-0339 or through email at dmaiden@westbrookct.us (email will get the fastest response since I receive emails on my phone throughout the day).



Since this is the season some of us are considering installing a private swimming pool I want to use this article to address the requirements and safe guards mandated by the State Building Code and the CT General Statutes. The safety of our children has empowered the State and International Building Code committees to expand on the safeguards required for all private swimming pools. The theory of providing an approved barrier or fence is simple; however, the construction of a code compliant barrier with proper gates and automatic failsafe latching is a complex task.

1. Are any pools exempt from requiring a building permit? Yes, a prefabricated pool that is less than 24” All other pools require a Zoning, Health Department and possibly an Island Wetlands approval. All non-exempt pools (24” deep or greater) require a building permit and possibly an electrical permit.
2. All pools must be protected by a 48” high fence or barrier with a self-closing, self-latching gate at the point of entry.
3. Can the wall of the above ground pool serve as the required barrier? Yes, if the wall of the pool is 48” above the grade surrounding the pool. If the pool is less than 48” above grade, an approved 48” high barrier is required to enclose the entire pool. Please note that the inflatable pools, which have become popular over the last few years, range in depth from 24” to 48” with many of them being 36” deep. A 36” pool will require a 48” high fence with a self-closing self-latching gate.
4. If my pool is 48” high and I have a removal ladder do I still need a self-closing self-latch gate? Yes, the point of entry into the pool must be protected by a 48” enclosure with a self-closing self-latching gate. A removal ladder is not a substitute for the required enclosure.
5. Is a pool alarm required for an above ground and an in-ground pool? Yes, both require a pool alarm which will emit a sound of at least 50 decibels when a person or object weighing 15 pounds or more enters the water. This alarm must be onsite and ready to install before water is placed in the pool.
6. In-ground pools have additional requirements which will be covered during your application review process.
7. All pools must receive a certificate of approval from the Building Official prior to anyone being allowed to use the pool.

Please don't hesitate to contact this office if you would like to discuss these requirements. Many above ground pool retailers offer a prefabricated ladder and self-closing gate assembly which may be a better option then trying to build your own.

Save the Date

July 10-13th ~ Fire Department Carnival 6 pm-11 pm Ted Lane Field

July 21st ~ Historical Society Day on the Green 7:30 am 3 pm

August 23rd ~ Westbrook Drum Corp Muster Tattoo 7 pm, Ted Lane

August 24th ~ Westbrook Drum Corp Muster Parade 11 am

Farmer's Market

We are very excited to announce that Westbrook is having a Farmer's Market on Fridays, May 24 through October 4th from 4 pm to 7 pm on the lawn of the Teresa Mulvery Municipal Center, 866 Boston Post Road. Thank you for supporting these vendors weekly and eating amazing, fresh, food!

The lineup of vendors is impressive:

Smith's Acres – Herbs, all kinds of vegetables, fruits (blackberries, blueberries, melons, strawberries, raspberries and hanging plants.

Chatfield Hollow Farm – Their mushrooms are forest grown in Killingworth and cultivated with organic spore on wood chips and logs which are cut on their property.

Wave Hill Breads – Artisan breads, sliced sandwich breads and pastries. All their products are hand shaped using organic grains and non-GMO flour and NEVER any use of preservatives.

Andie's Cookies – Variety of handcrafted cookies using the best local - if possible - ingredients. No artificial colors, flavors or preservatives.

Maple Breeze Farm – Local, heritage grass fed beef; pork, eggs, our own pure maple syrup. Also, goat and cow milk, cheese and yogurt from Sweet Pea Cheese and 16% butterfat icecream quarts and cookie sandwiches from Tulmeadow Farm.

Dough on Main – Fresh pasta, cavatelli and ravioli.

Sunset Hill Vineyard – Boutique vineyard in Lyme offering Chardonnay, Cabernet Franc, St. Croix.

Granny's Pie Factory – Fruit and cream pies.

Deep River Roasters – Unique custom roasts.

Mugger's Marrow – Organic spin on traditional bbq sauce.

The Humble Bee Honey Company – Pure honey.

Weekly Food Truck – **Chris' Dog House** – Burgers, hot dogs, Philly cheese steaks, veggie burgers and more.

Guest Food trucks - **Uncle D's Blazin' BBQ** – Southern comfort low and slow smoked meats.

Meriano's Cannoli Truck.

Outstanding Local Musicians: Wendy & Gordon Ingram; Chris & Laura Funk/contemporary covers; Brian May/classic rock; Carl Suiter/singer/songwriter/country; Christian & Carolina/soul.

Guest Vendor – **Sea Glass by Cristina Lugo** – Framed sea glass/driftwood art.

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Health Department and Water Pollution Control

Wilcox Technical High School paid a visit to the Town Hall on March 28, 2019. The Director of Health, Sonia Marino and Environmental Health Technician, Shirley Mickens met with students to talk about what they do in the land use office. Ms. Marino explained how septic systems worked and how they are located to ensure our groundwater and surface water is protected. She explained the permitting process and the role of the different departments.



Students were able to get a firsthand look at a deep test hole (thanks to the town crew at the public works department). They also learned how to conduct a percolation test. Later, they went inside to look at engineered plans of sewage disposal and storm water systems and were able to measure and mark up their own copies of plans.



Mr. Maiden, the building official, and Mr. Lucas P.E. gave an overview on some of the things they can expect from an inspection and were pleased to see a number of future plumbers in the class as plumbers are now in high demand. This was all in an effort to reach out to students to give them a better idea of the different jobs we perform in the landuse office, since many of them will soon be in the field working as future plumbers, HVAC technicians, electricians, sanitarians and engineers.



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June 1-30, 2019

Appetite for Life: Supporting Cancer Patients for 10 Years

This June, support Middlesex Health Cancer Center by dining at a restaurant that is participating in Appetite for Life.

Now in its 10th year, Appetite for Life has raised more than \$175,000 for cancer patient support services at the Cancer Center, which has locations in Middletown and Westbrook. These services include nurse navigation, social work, clinical trials and integrative medicine.

Appetite for Life has evolved over the years to include many local restaurants throughout Middlesex County and on the

Connecticut shoreline. As a patron, a percentage of your bill will be donated to the Cancer Center if you dine at a participating restaurant during the month of June.

“We are grateful to the many restaurants that participate in Appetite for Life,” says Sarah Moore, director of development at Middlesex Health. “All proceeds stay local and help enhance cancer patient care and support services. Support a good cause, and enjoy a good meal!”

For more information about Appetite for Life and to see a complete list of participating restaurants, visit middlesexhealth.org/appetiteforlife.

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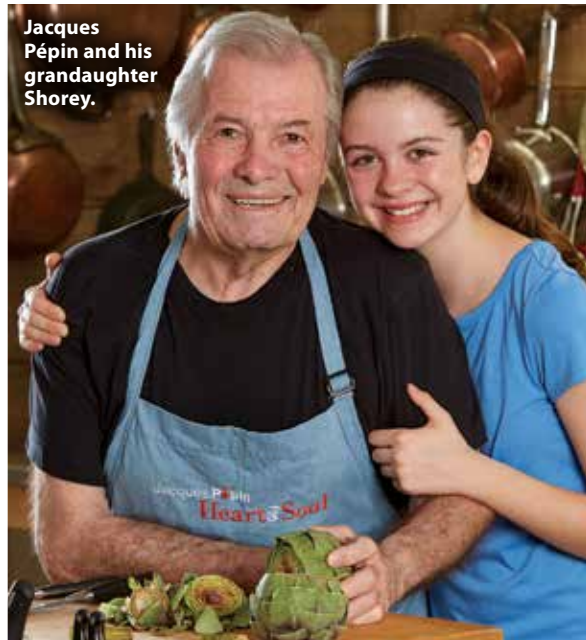
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Jacques Pépin and his granddaughter Shorey.

Jacques Pépin: Simple ingredients, extraordinary results

by Sigrid Kun



Jacques Pépin strolling along the beach in Madison with one of his poodles.



Above, cooking with Julia Child on PBS's show "The Joy of Cooking."

All photographs by Tom Hopkins

A career that began in his family's kitchen continues in the family kitchen today. Whether preparing a lovely scallop or a veal chop with mashed potatoes, dinner is Jacques Pépin's "culmination of the day." The piano, he says, is the nickname for the stove. That makes Pépin a master musician.

DESTINED FOR THE KITCHEN

Pépin's skills were honed early. Home was working in his parents' restaurant near Lyon, France. A Paris apprenticeship began in 1949 at the age of 13 (interestingly, Julia Child was working in Paris at the same time). His military service in France (1956-58) found him as the personal chef to 3 heads of state (including Charles De Gaulle) at a time when chefs toiled in anonymity. There was no such thing as a celebrity chef. If commanded to the dining room, things had gone awry. "Now, [being a chef], all of a sudden, you are a genius," he quips. "It is a very different world. I am lucky to be a part of it."

A year after coming to the US in 1958, he was working at New York's finest French restaurant, Le Pavillon. He turned down the position of chef to the Kennedy White House. He opted to develop food lines for Howard Johnson. It all worked out. A NY Times food editor connected Pépin with Helen McCully, a food industry icon. She introduced Pépin to then unknown Julia Child. The delightful cooking duo went on to win a daytime television Emmy Award in 2001. Yes, the friends would often argue. "On the whole we agreed on what was important," he recalls. "Quality, simplicity."

"Extraordinary," he reminisces. "Nothing was planned. I am very existentialist that way. You do something and it projects you somewhere else. You do that and it projects you elsewhere." One thing has always led to another for Pépin. Trips to the Catskills in the early 1960s led to his catching the "painting bug." His paintings are now a new business line. This June, his

works will be on display at the Guilford Art Center. At the Catskills, he became a ski instructor. And on those slopes he met his wife of 53 years, Gloria. He calls his daughter (Claudine) and granddaughter (Shorey) his greatest accomplishments. During the 1960s he also earned bachelor's and master's degrees from Columbia University.

A LIFE OF EVOLUTION

No life is without hardship. A 1974 car accident nearly claimed Pépin's life. He could no longer withstand the rigors of 7 days a week, 10-14 hours in the kitchen. His life transformed into "teaching, writing, and just cooking." Since 1975, he has written 30 books. He also became and remains a beloved fixture on television. He isn't a fan of today's harsh reality cooking shows. "You are asked to put a lot of yourself in your food. Love is a very important component. Yelling at you? There is no way you can teach with that approach... Cooking is interactive. You follow your taste. You taste and adjust. You taste and adjust."

At 83, he recognizes his own progression. "For many people in the country, I was known as the quintessential French chef... If you look at my books, there is the soup and cilantro with banana on one page, then the salad and fried chicken, and then the lobster roll. After half a century in the US, I am probably the quintessential American chef." Pépin's life/career has been profiled on the PBS series "American Masters." "I am probably the first cook to have an American Masters," he notes.

The Madison, CT resident continues to teach, paint, and enjoy life. Whether it is a game of boule, mushrooming, or walking his poodles along the beach, food still remains center stage. He is currently the Dean of Special Programs at the International Culinary Institute of New York and continues a 37-year teaching stint at Boston University. He performs countless cooking demonstrations across the country. In 2016, the Jacques Pépin Foundation was formed. His books/manuals of cooking techniques form the curriculum for soup kitchens from Boston to Seattle. The idea is to take what Pépin has created over so many decades to assist disenfranchised individuals - those who may be coming out of jail, are homeless, or are recovering from addictions.

JACQUES PÉPIN...NOT INVINCIBLE?

"Yes, yes," he relates. "One time. It was 30 years ago or more. It was in the early 70s, a 3-hour show with dancing and singing. I did a cheese soufflé." Pépin came on the stage two hours into the show to put the soufflé in the oven. There was no way of checking on the controls so he did not know the oven was set on self-cleaning mode. He went back on stage for the unveiling. "I have never seen anything so burned." He laughs heartily. "It was crust on the outside and still liquid on the inside... There was no recovery on that one. But it was the biggest standing ovation I ever had."

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