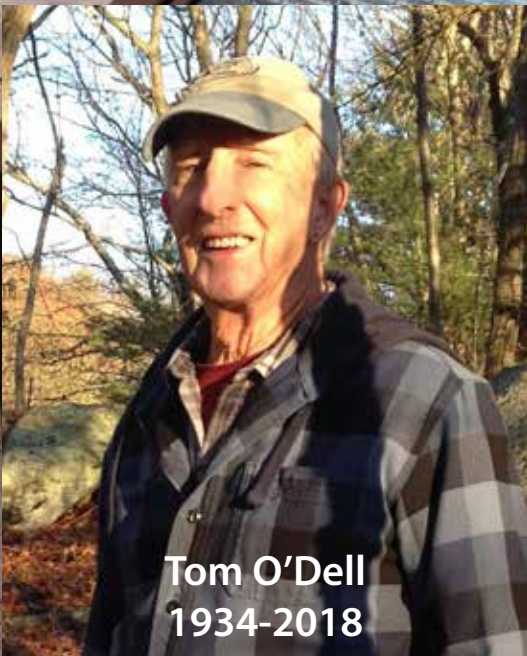


Westbrook events

VOLUME 18 • QUARTER 3 • 2018



Tom O'Dell
1934-2018



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WOMEN



FROM LEFT

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Cancer Surgeon

Kristen Zarfos, M.D.

Middlesex Hospital
Breast Surgeon

Andrea Malon, M.D.

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Selectman's Corner

It is with great sadness that we report the passing of Tom ODell, Chairman of the Conservation Commission. He was an icon to his beloved Westbrook. I want to take this opportunity and privilege to acknowledge in the following article his outstanding dedication and service.

Tom's contributions to Westbrook as a public servant spanned many decades. His achievements as a volunteer are an example of what one individual can accomplish by establishing standards that ensure that our environment is our most precious resource and that it must be preserved and protected for generations to come.

He played an active role on Westbrook's Conservation Commission since the 1960s and was instrumental in many important efforts including conservation of Salt Island Overlook, and natural resource assessment and management planning, invasive species removal and restoration work; development of natural resources assessment and management plans for Chapman Mill Pond, Horse Hill Gorge and Horse Hill Woods. Tom was instrumental in having approximately 2,000 acres, or 20% of Westbrook land designated as Conservation Land.

On a statewide level, he was a dedicated advocate for CT's Conservation Districts; active in the District re-organization

from 8 county-based groups to 5 organized more along watershed lines. His ability to work with stakeholders and partner with both the State and private land owners enabled Westbrook to receive grants and other sources of funding for open space acquisition. His Herculean efforts to raise funds from many sources are a tribute to his dedication to land conservation. Because of his commitment and vision for the future, he successfully raised funds from many resources including in 2002, a referendum to bond \$2.2 million. To date, approximately \$2.3 million has been received in grants for Conservation Land purchases all due solely to his lifetime commitment to conserve our natural resources.



Noel Bishop

The planning and land acquisition of the Menunketesuck Greenway was initiated by Tom long before the "greenway" concept was in vogue. The Menunketesuck Greenway runs throughout the State from Westbrook to Haddam and connects with the Cockaponset State Forest. In the early 1970s, Tom was a pioneer in the development of the Inland/Wetland Commission both in Westbrook and at the State level. These commissions are charged with protecting aquifers.

continued on page 3

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Centerbrook, CT 06409

860-767-9087 Fax 860-767-0259
email: print@essexprinting.com
www.essexprinting.com

PUBLISHER

William E. McMinn

LAYOUT & AD DESIGN

Kathy Alsop
Lynne Hardt
Patricia Stenbeck

COVER EDITOR

AC Proctor 860-767-9087

SALES REPRESENTATIVES

ESSEX • WESTBROOK CLINTON • MADISON

Ward Feirer
914-806-5500
wfeirer@gmail.com

OLD SAYBROOK OLD LYME • EAST LYME

Betty Martelle 860-333-7117
betty@eventsmagazines.com

CHESTER • EAST HADDAM EAST HAMPTON • HADDAM

John P. Sullivan 860-662-9664
jpsullivan@eventsmagazines.com

GUILFORD

Essex Printing 860-767-9087
print@essexprinting.com

STONINGTON • EAST LYME

Kelly Harper
860-391-5534
kelly@eventsmagazines.com

Cover Photo

Shaun Roche

Visitor Services Manager

Stewart B. McKinney National Wildlife Refuge

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Dear Readers and Advertisers!

It is with great excitement that I announce the launch of Events Magazines' inaugural "The Last Word" segment.

What is "The Last Word?" "The Last Word" is a new feature article that will appear on the last page of all of our 13 magazines (as you may know we currently publish Events Magazines in 13 Connecticut towns). Each quarter there will be a story about someone with Connecticut ties who has made major accomplishments not only in his/her professional field but also in the community. Our inaugural "The Last Word" segment for the third quarter of 2018 highlights NASCAR professional driver Joey Logano, who is a native of Middletown, CT. It touches on his racing career milestones as well as his work in Connecticut and around the country through the Joey Logano Foundation.

What's Next? Well, I can't really give that away just yet. We've got some ideas in the works for the 4th quarter issue of Events Magazines.

Comments and Feedback? As always, we welcome your input and insights on how we can continue to enhance the magazines for the benefit of readers and advertisers alike. All of us at Events Magazines hope you enjoy our first-ever "The Last Word" feature. We look forward to continuing to serve the community through our Events Magazines!



William McMinn, Owner, Essex Printing & Events Magazines

First Selectman's Corner...

continued from page 1

Tom's decades of commitment to preserve our natural resources is a model of what a volunteer can accomplish for the greater good. He will be sorely missed by all.

The following are comments made by several individuals regarding Tom's passing:

"Tom is very humble, and he does not draw attention to what he has done nor does he do it for the recognition. He will mark and mulch trails alongside interns, have tea with a landowner and her granddaughter to discuss her consideration for selling land to the town for open space, meet with the Board of Finance, the Town Attorney, the Board of Selectmen, advocate in Hartford, meet with DEEP staff, mentor youth in Eagle Scout projects, and more, and he does not receive financial compensation for any of it." (Event held October 2016 in honor of Tom's contributions)

"Tom Odell was a giant in the development of Westbrook's green space, forests and hiking trails. He was instrumental in obtaining millions of dollars in grants to finance these projects. He was also active on the shoreline, helping to found the Friends of Westbrook Islands in order to educate the public on the bird sanctuaries along the Westbrook Shoreline. He led each effort by his own



Tom O'Dell received the Distinguished Award by Tony Marino, Executive Director of the Rockfall Foundation.

actions, and worked tirelessly to accomplish projects to improve life in the town of Westbrook. He also founded and led similar efforts county and statewide. I will personally miss his tremendous efforts and assistance to the town." (John Rie)

continued on page 4



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“Tom has been part of my life since we first moved to Westbrook 18 years ago. I am an avid hiker and I saw an article in the paper about hiking trails in Westbrook with Tom’s phone number (it might have been in the Westbrook Events!). A phone call later and I was being invited to join the Westbrook Conservation Commission! I have worked with Tom as a member of the Conservation Commission ever since. In his capacity as Chairman, Tom worked selflessly and tirelessly to preserve Open Space in Westbrook. Tom was instrumental in securing the funds and votes to buy Horse Hill Woods property and then lead the effort to bond \$2 million which was used to purchase several other parcels including Salt Island Overlook and the Chapman Mill Pond property. Tom has left an indelible legacy of conservation and stewardship for Westbrook. Tom’s passing is a great loss for Westbrook and I will miss him dearly.” (Martin Marx, Sr.)

“During the holiday season our family would visit Tom and Carol at the Christmas Tree farm off of Chittenden Hill Road. With our young boys, among other families, we would walk the beautiful land, cut down our tree and enjoy hot apple cider. Under Tom’s leadership, eventually the Christmas Tree farm was transformed into a field of milkweed plants for endangered Monarch Butterflies. Young gardeners from the Daisy Elementary School Garden Club, along with their families, helped transplant young milk weed plants there last spring. Our now grown son had the summer job, alongside Tom, to ensure the healthy development of this critical habitat for Monarch Butterflies. Both of our sons have worked during summers to ensure the health of other

conserved spaces in Westbrook. Last school year, Tom joined 3rd graders from Daisy in a walking field trip of the Salt Island Overlook Trail. As long as I knew Tom over the last 18 years, his passion for caring for and learning and teaching about the forest habitats of Westbrook, has been shared generously by his example and the opportunities he offer to so many. Tom’s conservation efforts have ensured accessible and beautiful outdoor spaces that families may enjoy and take pride in keeping safe for future generations.” (MaryJo Noonan)

“I was lucky enough to be selected by Tom to be the Conservation Commission intern 5 years ago. Ever since then, Tom was a part of my life, mentoring me, teaching me, telling me his stories and eventually just listening to me. Tom was always there to answer my questions, no matter how silly or ridiculous, he was always patient with me. Tom was a rare soul who never ran out of energy and passion and always had time for everyone no matter what level of experience they were at. I will always remember Tom coming in the heat of the day to check if I was drinking enough water and then going off on one of his fabulous stories about why moths were attracted to his feet, or trying to get me to guess his age. I would always make it my daily goal to hear him laugh. Tom took the time to make room in the town of Westbrook for me and I made room for Tom in my heart. I will miss him beyond words and will never be able to describe the joy it was to know him.” (Morgan Allen).

“I have volunteered with the Conservation Commission since I moved here, and I was lucky enough to get to work with Tom for my first summer job in high school. He was always looking for new projects to prosper wildlife and conserve land across Connecticut. Tom would constantly stop by at work to tell stories of his past working outdoors and he fostered a large part of my passion for the outdoors, especially shoreline wildlife.

My first summer working for him we had the opportunity to attend a shorebird conservation talk and as soon as we arrived, it was well known that Tom was loved by more than just the Westbrook community but by every person who had a chance to meet him. Everyone knew Tom and somehow Tom remembered everyone by name. At this talk, he helped me spot numerous piping plovers and turn birds through binoculars while explaining everything about them. He will be missed greatly but the work he has done will never go unappreciated and he will always be loved.” (Marty Marx, Jr.).

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Tropical Storm - Hurricane Preparedness

The Town of Westbrook and the entire southern New England region encounter the highest probability of a tropical storm or hurricane annually from August 15th through November. We want to ensure you have the resources to be prepared. As noted with the past Tropical Storms (Irene and Sandy), each storm caused damage for many residents and forced wires down resulting in no power for 4-8 days. When electricity is disrupted you will lose TV, telephone, Internet and potentially other utilities.

Tropical Storms produce sustained winds of 39-73 mph. Hurricane wind speeds range from 74 to over 155 mph. Along with dangerous winds, these types of

storms will produce heavy, long periods of rain and storm surge damage to the coastline. Preparedness actions, before the storm on your part include:

- Appropriate Disaster Plan and Disaster Kit Awareness of Westbrook Notifications
- Appropriate Disaster Plan and Disaster Kit 5-7 Days of Supplies

Appropriate Disaster Plan and Disaster Kit 5-7 Days of Supplies

The Emergency Management Department recommends every family to have an appropriate Disaster Plan in place that includes, if needed you leaving your residence and temporarily relocating. Storm surge and flooding is common for residents near:

- The Menunketesuck and Patchogue Rivers
- Old Mail Trail
- Seaside Avenue
- Grove Beach North
- Hammock Road North
- Wesley Avenue
- Old Clinton Road, near Pond Meadow Road and Grove Beach Road North

- All other roads that are adjacent to beaches and marsh areas
- Jensen's and Green Acres Mobile Home Parks (Potential flooding and wind damage)

In other areas of the town, residents need to be aware of falling trees and power lines due to the extreme winds. Emergency 9-1-1 services (Police-Fire-Ambulance) are suspended when sustained winds are 45 mph or greater.

We recommend you have a plan in place to evacuate 12-24 hours prior to the storm's arrival; going to family, friends or consider staying at a local hotel north of Westbrook. If you have no other option, Westbrook or other towns will open a pre-storm disaster shelter. Shelter locations are announced via news media, social media and 211 Info-Line. All Connecticut disaster shelters are welcome to anyone regardless of your mailing address. After the storm has passed and when it's safe, residents can return to their home.

continued on page 6



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Hurricane Preparedness continued from page 5

If needed, Westbrook will open a post storm disaster shelter and notify you with local post storm services.

Disaster Kits are essential to your survival when there is no power for more than 24 hours. Everyone needs to have an appropriate kit that contains suitable food, water, along with other important items (medication, infant supplies) to last at least 5-7 days. Disaster Kits are not just for weather events throughout the year. They can be used for other disaster events that can affect Westbrook throughout the year.

Town Notifications

Westbrook Emergency Management works closely with State and Federal agencies, including the National Weather Service when a storm is forecast to impact our area. We highly recommend you follow our website and social media sites on Facebook or Twitter. These sites

are uploaded regularly with Westbrook preparedness, warnings and post storm restoration information.

In extreme circumstances with life and safety concerns, we can notify you via the CT ALERT System, with brief, concise information commonly called 'Reverse 911'. You can receive this information by registering your cell phone (voice/text) and/or email. Go to our website, following the link to CT ALERT. If your information has changed, please update the information at this time. If you have a home telephone, your information is automatically uploaded into our system. After a disaster you could receive updated information from us. It's important to listen to these messages when they are broadcasted.

Where Do I Get More Information?

The Westbrook Emergency Management website, www.westbrookem.com will



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provide you with complete information on disaster preparedness topics. The site also includes topics on disaster shelters, contacting Eversource, generators, food safety, pets, elderly, special needs and more. The website is outfitted with videos and written material. Options also

include viewing the website in different languages.

We don't have the power to stop a weather related event; however you have resources to become resilient, which will help you and your family. By following our

recommendations, you will be prepared for almost any disaster that can affect the Town of Westbrook throughout the year.

Donald Izzo
Emergency Management Director

Age-Related Macular Degeneration

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

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

The majority of people with macular degeneration experience the dry form, which does not have a known treatment, but many people benefit from a vitamin regimen. Unfortunately, vision loss cannot be reversed. The less common wet form may respond to lasers and medical injections if caught and treated early. Smoking and high blood pressure are often associated with the wet form of macular degeneration.

If you have been diagnosed with dry macular degeneration, you should use a chart called an Amsler grid every day to monitor your vision. Dry macular degeneration can quickly change into the more damaging wet form. If you notice any change of vision, you should contact your ophthalmologist immediately.

Middlesex Eye Physicians

2018 Personal Property Declaration

This is notification that the Business Personal Property Declaration for the 2018 Grand List must be filed and received by the Assessor's Office on or before November 1st, 2018. The forms will be mailed in September.

All business owners of taxable personal property are required to file declarations of personal property with the Town Assessor where the property is located on the Assessment Date of October 1, or where the property has established situs in accordance with the "three month" rule.

Property owners must file a Declaration of Personal Property regarding their taxable personal property with the Westbrook Assessor on or before November 1st, 2018.

Motor vehicles registered in another state and unregistered motor vehicles, including campers, must be reported if they are garaged in a city or town in this state, pursuant to §12-71b(g).

If you have questions please call the Assessor's Office at 860-399-3016 between 9 am and 4 pm Monday through Wednesday, 9 am and 7 pm on Thursday, and 9 am to noon on Friday.

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Message from the Town Clerk's Office

JUNE was a great success for DOG LICENSING MONTH. Not only did we have many new pups join us but also overall, over 350 licenses were issued by this office during the month of June. Thank you to all who came out and had their pups' rabies vaccinations updated and registered for another year. We had a contest for everyone who registered by June 30, 2018 and held a raffle for three gift baskets filled with dog treats and toys. We had a lot of fun putting these together and I could not do it without the help of my two great assistants, Deb and Dawn. Three beautifully decorated baskets were gladly given to our winners... Congratulations!



Maggie Benisvy with Howard and Lisa Benisvy



Triss Marino pictured with Catie Marino and Pat Moran



Fenway Tully was our third winner and his dad, David, was happy to receive his dog's basket.

Westbrook Health Department

The Westbrook Health Department wants you to know that permits are required for any work done on your septic system.

Please check with your contractor to make sure the proper permits have been taken out. Any work on your septic system requires a "permit to construct" and a scheduled inspection from the health department to check and verify the work completed.

A plumber should not be installing any piping in your septic system; only a licensed subsurface sewage installer is authorized to work on your septic system. If the installer does not take out a permit with the Town they may be violating the public health code by not notifying the health department of the repair.

Activities requiring a permit include: replacing the distribution box, replacing

piping, replacing the building sewer, replacing the septic tank and/ or leaching fields. All piping requires the proper pitch to be installed correctly, and this ensures the proper functioning of your septic system.

If you have any questions please feel free to call the Health Department at 860-399-0339. Please note that this is a new phone number.

From the Nurses Corner

Flu season is approaching. There are many common misconceptions concerning the flu vaccine. Getting sick with the flu can be serious and since 2012, 12,000 to 56,000 deaths have occurred due to the flu. It is not possible to contract the flu from the flu shot because the viral strains in the vaccine have been inactivated. According to the CDC guidelines, anyone age 6 months and older should be immunized annually.

The recommended months for vaccination are the end of October and November although later in the season (December-March) will still protect you because the flu usually peaks after January and can continue into the month of May. Our flu clinic this year will be held on November 6th, Election Day, at the Westbrook Town Hall downstairs in the Senior Center.

Westbrook Public Library

Your friends at the library hope you had a happy summer. It sure was great weather for reading, watching, and listening. As students head back to school, please remember to return the summer reading books and have a super scholastic year! Preschool story hour will begin again in October every Wednesday at 10 am for children three to five. Please sign up with Children's Librarian Mary Nyman at

860-399-6422 or in person. The sessions include readings and crafts related to the stories. Older readers are welcome to join the Westbrook Readers on the fourth Tuesday of the month at 10 am. So far this year the Readers have discussed *Beneath a Scarlet Sky* by Mark Sullivan, *The Secret Chord* by Geraldine Brooks, *Swimming Lessons* by Claire Fuller, *News of the World* by Paulette Jiles, *Rules of Civility*

by Amor Towles, and *Hillbilly Elegy* by J. D. Vance. The book for September 25 is *Born a Crime* by South African born Trevor Noah. The group will be selecting books for the rest of the year at this meeting. Assistant Librarian Brittany Pearson continues her tech help sessions on Tech Tuesdays. Call her at 860 399-6422 or e-mail her at westbrook.public.lib@gmail.com for an appointment.

Westbrook Board of Education

Continuing in its efforts to collaborate for the greater good, the Westbrook BOE, Oxford Academy, and the Town of Westbrook's Council of Beaches offered a means for shoreline (9 town area) children to have free access to a wholesome lunch from July 9th to August 3rd. The Monday through Thursday lunch program served in the Daisy Ingraham cafeteria became a success this year due to the collaboration between the aforementioned groups. In this second year of trying to provide a wholesome lunch and a package of sustainable food stuffs for families to take home, the BOE was able to realize its goal of feeding children up to the age of 18 without tapping into BOE budget funds. The program has been supported by the generosity of Oxford Academy's fundraiser, Light on Westbrook, and by the donations and volunteer assistance of the Council of Beaches. Let us share how the dream of feeding children in need during the summer has become a reality.

Last summer, Westbrook BOE launched our Daisy Ingraham cafeteria location as a feeding site. The superintendent and other administrators and Council of Beaches volunteers drove to Chester Elementary School and to New London to meal sites to pick up reimbursable bagged lunches to be given out to children at Daisy. The program was sustained through the first week of August 2017, but less than 100 meals were served. This year, however, the preparation meal sites in Chester, New London and Old Saybrook did not meet the guidelines to be designated as preparatory and service meal sites. If not for the \$4,500 donation from Oxford Academy, this program would not be possible. The superintendent's office authorized the school district to hire one of its kitchen staff employees to prepare eye-appealing lunch menu items purchased with the donated dollars. Nearly 230 lunches were served in the same timeframe this summer and no BOE budget dollars were expended. The success of the program and its growth prompted a donation of \$500.00 from the Middlesex Community Foundation. Use of these funds saved some of the dollars already in the summer meal program account; thus the BOE will be able to consider the program for next summer.

Many folks deserve a basket of gratitude for supporting, donating and volunteering to give shoreline and 9-town area children a means and a place to have fun with others and eat a solid appealing lunch. For that to happen, a single cafeteria worker was responsible for putting the lunches together and bringing a sense of fun to the children and their parents/guardians who managed to find their way into the cafeteria to enjoy a sandwich, a hotdog, chicken patty on a bun or a slice of cheese pizza. Each lunch met the important food groups as part of the accompanying snacks, fruit and milk selections. The administration at Daisy assembled a table full of books for children to

continued on page 10

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Board of Education... continued from page 9

enjoy during lunch or take home. Those little amenities added to the appeal of the lunch program and we are already underway with preparations for summer 2019.

This program has resulted in a bittersweet outcome. Wonderfully, children have found us and been able to eat a wholesome meal with us during the 4 week program.

And, sadly, we have the evidence that the program is necessary. Our sense of children going hungry in our midst is very much a reality.

Hidden One Room Westbrook Schoolhouses



Jessie Cone (Kelsey)

Our school system has come a long way since the early 1700s when a child's first duty was to home and a trade and when classes were taught by Reverend Worthington at the church parsonage. One of Westbrook's first educators, Jessie Cone (Kelsey), wrote that "in 1725, there were 35 houses and 335 people in the West Parish." By December, 1767, with town growth, the Parish was divided into three districts with its first

"Center School," being built west of the Lower Cemetery. Three districts became seven districts by 1840 and an Academy was added in 1852. In 1891, Jessie Cone was examined by the Board



Horse Hill District School, No. 5

of Education and "Qualified" to teach school in the Eastern District of Westbrook in "Reading, Writing, Arithmetic, Spelling, Geography, Grammar and History." In 1895, having proved herself

"a faithful and competent teacher," she was moved to teach in the Chapman District. In September, 1896, she was certified to teach in the East school, located once near Gustafson's Pond and in 1899, at the Center School. She became principal of the Chapman School, built 1903 and demolished in 1969. In 1933, the Mulvey School was built and by 1959, the Westbrook Junior-Senior High School was added to Westbrook's schoolhouse inventory. By 2010, Westbrook had grown to 3,472 housing units and 6,938 residents!

Today, three one room schoolhouse buildings remain in Westbrook. The Pond Meadow School, District No. 3, is too easy to locate, but do you know where the two others shown here are located?



Hayden District School, No. 6

Learn more about Westbrook's history in our "Westbrook History, Happenings and Hearsay" book. Visit us on Wednesdays, 9:00 am - noon. Learn more about what happened where you live. How did we get here from there?

Catherine Neidlinger Doane
President, Westbrook Historical Society, Inc.

Water Pollution Control Commission



This is a reminder from the WPC to service your septic system once every 5 years. Like every other mechanical system in your home your septic system requires regular maintenance. Lack of maintenance may cause your septic system to fail from the buildup of solids in the tank. It's much better to pay a service company \$250 to \$500 every 5 years than to pay \$3,000 to \$7,000 for repairing or replacing your septic system.

The EPA has designated September 17 – 21 as Septic Smart Week.

This is an annual event focused on educating homeowners and communities on the proper care and maintenance of their septic systems. Septic Smart week is the perfect time to service your septic system. Find more information at www.epa.gov/septic and be septic smart!

Westbrook Building Department

New Building, Map, Accessibility and Fire Codes
Coming Soon - The effective date of the new codes is
scheduled for October 1, 2018.

What does this mean to you as the homeowner/contractor?
If you submit your permit application prior to the effective date of October 1, 2018 your project will have to comply with the current 2016 CT State Building Code. Applications received on or after October 1, 2018 will have to comply with the new 2018 CT State Building Code. Please see below the codes to be adopted and where you may purchase codes from.

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

- 2015 International Building Code
- 2009 ICC/ANSI A117.1 Accessible and Usable Buildings and Facilities
- 2015 International Existing Building Code
- 2015 International Plumbing Code
- 2015 International Mechanical Code
- 2015 International Energy Conservation Code
- 2017 NFPA 70, National Electrical Code, of the National Fire Protection Association Inc.
- 2015 International Residential Code of the International Code Council, Inc.

Copies of the International Codes may be obtained from the International Code Council, Inc., 4051 West Flossmoor Road., Country Club Hills, IL 60478-5795 (website: www.iccsafe.org). Copies of the 2017 NFPA 70, National Electrical Code, may be obtained from the National Fire Protection Association Inc., 1 Batterymarch Park, P.O. Box 9101, Quincy, MA 02169-7471 (website: www.nfpa.org).

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

TRANSFER STATION HOURS
Mon., Wed., Sat. From 8:00 am to 3:00 pm
Phone: 860-399-6356

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

WESTBROOK Community Listings

IMPORTANT TOWN HALL NUMBERS

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

SCHOOLS

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

HOME HEALTH CARE

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

POLICE DEPARTMENT

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

LIBRARY

Westbrook Public Library	(860) 399-6422
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USEFUL NUMBERS

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

Westbrook Land Conservation Trust

The Land Trust lost three historic members this year. Sandy Towle, longtime secretary, Gordon Helander founding member and Tom O'Dell, founding member all died recently.

Sandy was known for her hats and lively spirit during clean-up events. She also gathered history and anecdotes about the Leatherman and led visits to Leatherman's cave as an interesting outdoor event. Nearly a hundred people attended a lecture and hike to the cave. For years, Sandy kept minutes and records for the land Trust, so her contribution will be missed.

Gordon, along with his wife BJ joined others as the first members in 1968. He was known for his time at clean up events and was very active for many years. His departure leaves a void.

Tom helped found the Trust fifty years ago. Known through the town for his tenure as Chairman of the Conservation Commission, Tom was also active with the Land Trust. Along with others, he maintained relations with potential land donors,

keeping them informed of the protective value of their holdings and the good their contributions might do. Tom's initiative from early on is greatly appreciated.

As the Land Trust enters its second half century, we need new members and board members to carry on their work. If you appreciate the protected open space we share, if you want to hope pick up litter from our sites, please consider joining the land trust. In addition there are plenty of opportunities for more involvement including helping with the newsletter, stewarding our parcels, and becoming an active board member. As a member, you will receive our newsletter, be invited to our special events including hikes and programs with speakers, and get updates on important environmental issues such as Preserving Plum Island and land use in Westbrook.

Write or email us at: Westbrook Land Conservation Trust
PO Box 1124, Westbrook, CT 06498
WestbrookLCT@yahoo.com

Fall Programs / Westbrook Social Services

Renters Rebate Program

The Town of Westbrook is accepting applications for the State of Connecticut's Renter's Tax Relief (Renters' Rebate) Program. The Renters' Rebate Program runs from April 1, 2018 to September

29th, 2018. This state program provides a one-time yearly reimbursement for Connecticut renters based on income, rent and utilities that were paid from the previous year (2017). The program is available to residents age 65 or older as of December 31, 2017, or residents at least age 18 by December 31, 2017 who have been found by a government agency to be permanently and totally disabled. Income must be no more than \$35,300 for single individuals or \$43,000 for married couples. Persons renting an apartment or room, or living in cooperative housing or a mobile home may also be eligible for this program.

CRT Winter Heating Assistance Program

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

Eligible households may receive help for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood. Households eligible for the winter heating program may also be eligible to receive weatherization assistance and some may qualify for the furnace clean tune and test program. This can help conserve energy and lower heating bills.

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

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

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web: westbrookdanceacademy.com
email: westbrookdanceac@aol.com

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Dance Educators of America, Inc (DEA).
Member of National Assoc. of Dance and
the Affiliated Arts (NADAA).



Westbrook Recreation Department

Fall is right around the corner and we are very busy with registrations in all our programs. From tots to seniors, we have programs that will interest everyone and all ages. These are some examples of our very popular programs. Our K-4 Karate program has children practicing twice a week on Mondays and Wednesdays after school at the Daisy Elementary School. Badminton is another very special program that everyone enjoys on Saturday mornings at Daisy in November. Our Middle School / After Care program is another favorite of parents. Parents love that the staff helps their children get all their homework done before they get them home. Space is limited with many of our programs so get on line soon and register. New this year is our Basketball Clinic program that is run by a Westbrook High basketball coach.

Soccer is the sport's program everyone loves doing during the fall months. We always have a large number of children participating in our Tot and Recreational soccer program on Saturday mornings.

Children between the ages of 4 – 10 years of age are welcomed. Sessions will focus on individual and small group play. Children will receive more touches on the ball and develop better foot skills in a fun environment. We make soccer fun so your child will have a wonderful experience.

After soccer is over we will jump right into our recreational youth Badminton. Badminton starts on November 10th and will run for five weeks. Children between the ages of 5 – 12 years old are all welcome to register. Your children will love playing with their friends as we teach them how to serve, set and spike. (Sometimes we even let the parents play against their child.)

Our after/school child care program at the Middle School is also available to busy parents who can't to pick-up their children till after work. Your child will be in a safe and well supervised environment where they can study, do their homework and play with their friends. The cost is less than \$ 10.00 per day if you sign-up by the

month for \$ 200.00. It will be \$ 15.00 a day if you wish to sign up for a day or two. We even give the children snack a snack each day. All children must be registered to participate in this program. Please call us at 860-399-3095 if you have any questions?

Adults and seniors will find quite a few new fitness programs that are reasonably priced. We have Essentrics, Yoga, Zumba and Chair Fitness programs available. Some programs are done after 5:00 PM so people don't have to rush over from work. The senior fitness programs are done on Monday, Wednesday and Friday mornings from 8:30 – 10:30 am. You can sign up for one day, two days or all three.

If you're interested in finding out more about all our other programs, please check us out at westbrookrec.com. All are programs are available to everyone (resident and nonresidents). Why pay expensive membership fees when you can pay as you go and stop whenever you want. Westbrook Recreation Board

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Westbrook Youth & Family Services

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

So much to Offer Westbrook Families and Surrounding Towns This Fall!

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

Cool Cats is BACK!

Ages 9-12 learn how to be cool, calm, and confident!
8 Tuesdays 6-7 pm starting Oct 10th.

FALL INTO School Groups - With WPS's support, we offer

structured peer groups at each of the schools. Our school groups focus on enhancing executive functioning skills which support all students with planning, organizing, and completing tasks. Each group will be following a theme to deliver engaging activities and games. Themes Include: Inside Out, Bucket Filler, Force Awakens, Super Heroes, Game of Life, and Friend Vs Foe. Stop by our Open House Tables for more info!

Helping Hands - High School students find ways to give back to their community! Meets First Thursday of the month 6 pm

What Makes My Life Grand - Thursday October 18th! Bring your sweet Grandparent or favorite senior buddy for a night of dinner and crafts!

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

Like us on Facebook!

**Want to reach every home & business in town?
Call Ward Feirer at 914-806-5500**

MARK REEVES - BUILDER - *let's get those fall projects done before the holidays!*

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Thursday: 9:00 am - 7:00 pm
Friday: 9:00 am - noon

Town Hall Closed
September 3rd Labor Day
October 8th Columbus Day
November 12th Veterans Day
November 22nd November 23rd Thanksgiving Holiday

2018 Household Hazardous Waste Collections
Selected Saturdays
9 a.m. - 1 p.m.
Essex HHW Facility
Rte. 9, Exit 4, Dump Road, Essex
September 8th
October 6th and October 27th

2018 Paper Shredding
9 a.m. - 12 p.m.
Essex HHW Facility
Rte. 9, Exit 4, Dump Road, Essex
Saturday, September 15th

Estuary Council Regional Senior Center

220 Main Street, Old Saybrook / Information: 860-388-1611

The Estuary Council of Seniors, Inc. is a community center for the region's residents over 50 years old providing meals, transportation, health services, educational classes, exercise programs, and socialization activities. We have been promoting healthy and active lifestyles through quality programs and services in the nine-town Estuary region for over 40 years. Please visit us at www.ecsenior.org for additional information.

Shoreline Chef - Fundraiser - A benefit for Meals on Wheels. Sunday, September 23 from 3 to 6 pm. Water's Edge in Westbrook.
Estuary Craft Fair - Saturday, November 17 from 8 am to 1 pm.
Estuary Bingo - Thursdays at 6:30 pm.
Café Lunches - Call to reserve by 11 am the day before.
The Estuary Gym - Stop by for a tour.
The Estuary Thrift Shop - Best bargains on the shoreline!

Five Sunscreen Myths Debunked

My moisturizer has an SPF of 15 so I don't need a separate sunscreen.

Most moisturizers contain ingredients that protect against UVB but not against UVA. It is the UVA rays that are most responsible for wrinkles. Many of us now wear mineral make-up and rely on this for total protection. Unfortunately, the SPF in these make-ups is usually between 5 and 15, which is not high enough.

I get a base tan to protect my skin before I go on vacation.

There is no such thing as a base tan for protection. Your skin changes color to protect itself from damage so you are

damaging your skin to prevent further damage. Today's tan is tomorrow's wrinkle.

SPF 80 gives more protection than SPF 30.

The choice of sunscreens can be overwhelming and it is now possible to find SPF numbers into the triple digits. SPF 15 blocks 93% of UVB and SPF 30 blocks 97%. Nothing blocks 100%. Your coverage is negligible above SPF 30.

I have dark skin so I'm not at a risk to get skin cancer.

Everyone can get skin cancer. People of color are less susceptible due to the excess

amount of melanin produced, but they are not immune.

I don't use sunscreen because I need the Vitamin D.

It only takes ten minutes of sun exposure to produce enough Vitamin D for the day. If you are Vitamin D deficient, you should get your vitamin from food and supplements. There is no need to expose your face to the damaging effects of the sun for Vitamin D.

Dr. Susan O'Malley, owner and Medical Director of Madison Med Spa

How to Reach Your Elected Officials

STATE

Governor Dannel P. Malloy
State Capitol Building, Room 200
Hartford, CT 06106
(860) 566-4840 – (800)406-1527
Fax (860)524-7396
Governor.Malloy@po.state.ct.us

LT Governor Nancy Wyman
State Capitol Building, Room 304
Hartford, CT 06106
860-524-7384, Fax (860) 524-7304
ltgovernor.wyman@ct.gov

Secretary of the State
Denise Merrill
30 Trinity Street, Hartford, CT 06106
(860) 509-6000 Fax (860) 509-6209
<http://www.sots.state.ct.us/>

State Treasurer
Denise Nappier
55 Elm Street, Hartford, CT 06106
(800) 618-3404 Fax (860)-702-3043
<http://www.state.ct.us/ott/>

Attorney General George Jepsen

55 Elm Street, Hartford, CT 06106
(860)808-5318 Fax (860) 808-5387
<http://www.cslib.org/attygen/>

Rep. 23rd District Devin Carney

CT House Republican Office,
L.O.B. Room 4200, Hartford, CT 06106
860-240-8700, 800-842-1423
devin.carney@housegop.ct.gov

Senator 33rd District Art Linares

Legislative Office Building, Room 2705
300 Capitol Avenue, Hartford, CT 06106
(860) 240-8800, 800-842-1421
Art.Linares@cga.ct.gov

Rep. 35th District Jesse Maclachlan

CT House Republican Office
L.O.B. Room 4200, Hartford, CT 06106
860-240-8700, 800-842-1423
jesse.maclachlan@housegop.ct.gov

FEDERAL

Senator Richard Blumenthal
90 State House Square 10th Floor
Hartford, CT 06103
(860) 258-6940 Fax (860) 258-6958
706 Hart Senate Office
Washington, DC 20510
(202) 224-2823, Fax (202)224-9673
www.blumenthal.senate.gov

Senator Chris Murphy
One Constitution Plaza, 7th Floor
Hartford, CT 06103
(860) 549-8463 Fax (860) 524-5091
303 Hart Senate Office Building
Washington, DC 20510
(202) 224-4041 Fax (202) 224-9750

Congressman Joe Courtney
55 Main Street, Suite 250
Norwich, CT 06360
(860) 886-0139
2348 Rayburn HOB
Washington, DC 20515
(202) 225-2076, Fax (202) 225-4977
www.courtney.house.gov



goPINK Project Supports Women Facing Breast Cancer

You can support women facing breast cancer in our community this October through the goPINK Project! Since 2010, local businesses, salons, schools and teams have raised over \$185,000 to help cover the costs of integrative medicine therapy for over 1,000 patients at Middlesex Hospital Cancer Center.

Integrative medicine is a complement to conventional cancer treatment that focuses on the whole person – mind, body and spirit. Patients choose from yoga, Reiki, massage, reflexology, meditation and more, which are available at Middlesex Hospital Cancer Center in Middletown and Westbrook.

This year, Middlesex Hospital Shoreline Medical Center, 250 Flat Rock Place, will host food trucks every week in October




goPINK Project participants help raise funds for women facing breast cancer at Middlesex Hospital Cancer Center

from 11 am to 3:30 pm and will donate a percentage of sales to goPINK, including: Sugar Bakery (October 4), Taco Pacifico (October 12), Lenny & Joe's Lobster Truck (October 18) and Chris' Dog House (October 22).

To learn more about the month of activities visit gopinkproject.com.

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Local Groups Join Together to Benefit Pets

The Shoreline Soup Kitchens & Pantries, Inc. has established a partnership with a new non-profit group called "Bear's Pet Food Pantry." Leslie Jones, its founder and Executive Director, became aware of the needs of people who are struggling with food insecurity, who may be forced to abandon their pets because they can no longer afford to pay for the companion's food and care.

Bear's Pet Food Pantry was started in June of 2017 with the idea that no one should have to choose between feeding their pets and feeding themselves. When those who are experiencing financial hardship receive free pet food, they are able to find alternatives to abandoning or surrendering pets to local shelters, keeping pets and their families who love them, together.

The first year has been busy, yet rewarding, for the twenty volunteers supporting this new non-profit agency. These dedicated

volunteers, including members of the Bear's Pantry Board of Directors, have successfully secured cash and product donations from local pet stores and individual pet lovers. Recently Walmart awarded Bear's Pantry with its first grant. Bear's Pet Food Pantry has provided food to other organizations, including local shelters and animal rescue groups such as Roadside Ranch and Rescue in Lebanon.

Since the new partnership between SSKP and Bear's Pantry began in April, over 1,100 cans and 700 pounds of dog and cat food have been distributed at the SSKP East Lyme Pantry. An excited pantry guest commented "I can't believe people care enough to be concerned about my cat! Thank you so much." The goal is to include other SSKP pantry locations slowly as support grows. The success of this program depends on members of the community who have compassion for animals and who want to help needy families keep their pets

at home. To learn more about Bear's Pet Food Pantry check out Facebook or visit their website at BearsPetFoodPantry.org.



"Bear" and "Lilly" visited the East Lyme Pantry to announce the new partnership. Pictured (l-r): Ellen Rabin, Director of SSKP; Genavesse Vara, BPPF Board Member; Leslie Jones, Director of BPPF; Andrew Morgillo, BPPF Board Member; and Sherrie Weiss, SSKP East Lyme Pantry Manager at St. John's Church in Niantic.

Westbrook Senior Center

CALENDAR OF HOLIDAY EVENTS

- 10/31 Annual Halloween Party 12:00 pm
- 11/15 Thanksgiving Luncheon 12:00 pm - Reservation Required
- 12/3-7 Holiday Craft Fair
- 12/12 Gingerbread House Craft Program 1:00 pm
- 12/17-20 Holiday Bake Sale
- 12/20 Christmas Luncheon 12:00 pm -Reservation Required

Are you recently retired and looking for a good time? The Westbrook Senior Center is the place to be! Volunteer Opportunities available

The goal of the Westbrook Senior Center is to improve the quality of life for the senior citizens of Westbrook and our neighboring shoreline towns. The senior center welcomes citizens 60 years of age or older to participate in our many daily activities directed by staff and volunteers. The goal of these programs is to promote the physical and mental well-being of our senior community. To see our scheduled calendar of events and upcoming special events, please come down to the center Monday-Friday or visit us on the town website www.westbrookct.us. We look forward to seeing you.

- Courtney Burks, Director

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Friends of Westbrook Barrier Islands



Snowy Egret, Great Egret & Cormorant

The Friends of Westbrook Barrier Islands have had an amazing summer. We now have more volunteers and so many have completed our training on Island Keeping, talks at Water's Edge, boat patrol, and shorebird education at West Beach. Volunteers will continue until September 9th. Training includes an hour introduction where you learn about the different areas to volunteer and select which ones you are interested in. After that you can shadow someone until you feel comfortable enough to do it alone. The next big event for us will be the Coastal Clean Up/Save the Sound day on September 15 where we will be cleaning Menunketesuck Island. Please contact us if you are interested in joining us. It's a wonderful opportunity to help our shorebirds and wildlife and make some new friends! You can reach us at rem1949@hotmail.com. The group meets the third Wednesday of the month at 6:00 pm at the Stewart B. McKinney Wildlife Refuge (maintenance entrance) on Old Clinton Road. You can also follow us on Facebook!

Harbor Commission News

This year the HMC has been focused on improving safety along the shoreline by enforcing the town ordinance requiring shoreline moorings to be registered. Of the 111 moorings the HMC inspected in June, more than 25% were found to be unsafe for

the public. Unregistered moorings will be removed in the fall.

In the middle of the registration process, the newly appointed Harbormaster suddenly resigned, slowing the process

considerably. We are now seeking candidates for the state appointed job of Harbormaster. Interested candidates for this volunteer position should contact John Rie, Chair of the HMC, or the first selectman's office.

Westbrook Garden Club

The Westbrook Garden Club is a member of Federated Garden Clubs of Connecticut and is always welcoming new members. The club has several exciting events each year including monthly speakers (free and open to the public), May Market, Fall Mum Market, field trips, and town beautification programs.

Our club is responsible for maintaining 22 window boxes and 12 large white planters around town. In addition, as our 60th Anniversary project,

we are in the process of creating a meadow at the Salt Island Overlook located between the Post Office and Oxford Academy. If you are interested in joining, please contact us at westbrookgardenclubct@yahoo.com.

Also, please look for us on the green on Saturday, September 8th from 9:00 am to 1:00 pm for our annual Fall Mum Market. Proceeds from our sales fund our town beautification projects, monthly speakers, and scholarship.



Salt Island Overlook Meadow Project

Inland Wetlands & Watercourses

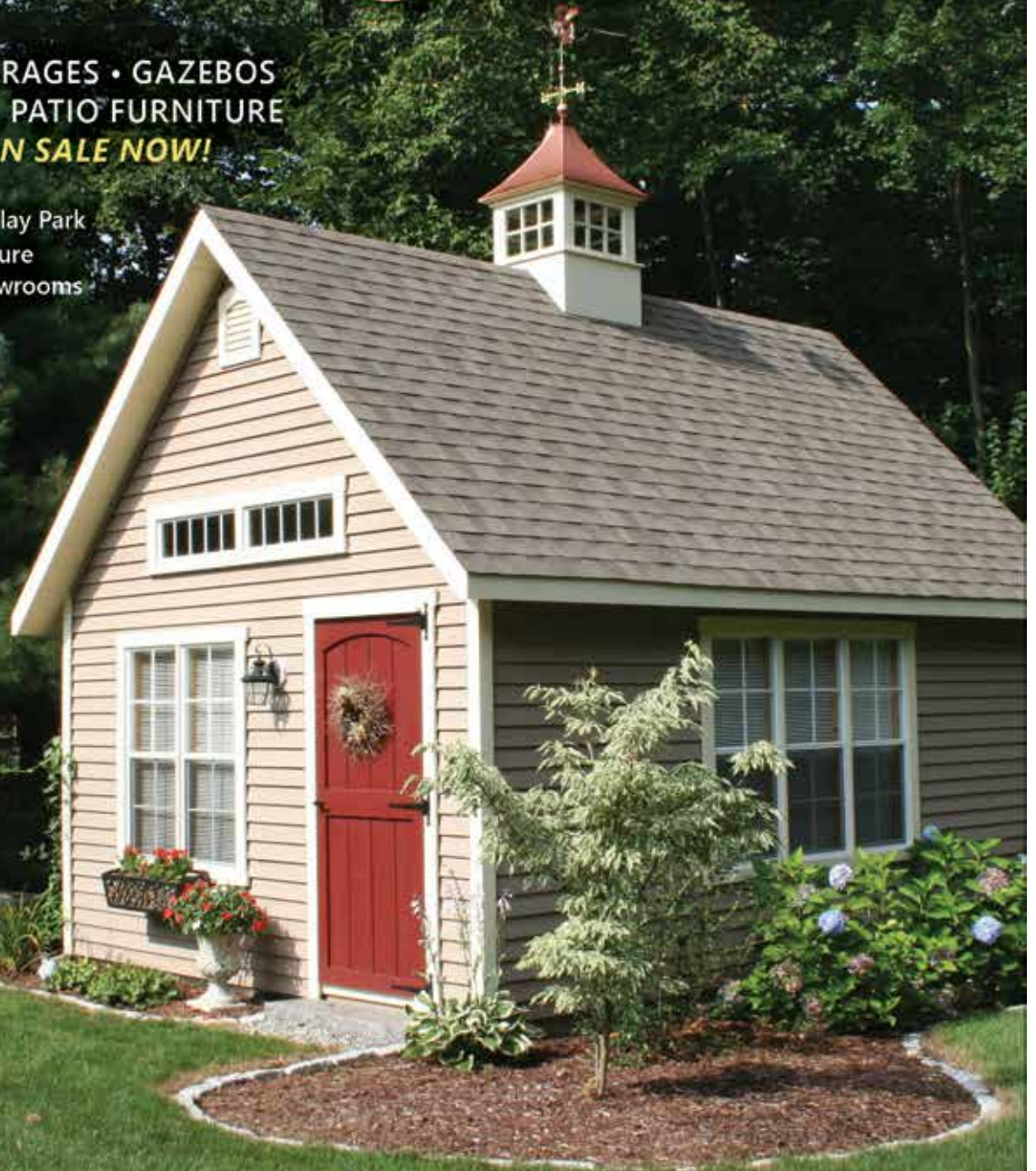
Are you interested in engaging in a more active role to protect the environment? The Westbrook Inland Wetlands & Watercourses Commission oversees the protection, preservation, maintenance and use of the town's inland wetland and watercourses. They

meet the first Tuesday of the month at 7:00 pm in the Mulvey Municipal Center. If you are a registered voter in the Town of Westbrook, and are interested in this unique opportunity, send a request to your political party representative or First Selectman.

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Dr. Susan O'Malley



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Miss Mulvey



"Don't bother me, I'm getting my beauty sleep"
photo by Catie Marino

DEADLINE FOR THE NEXT ISSUE OF WESTBROOK EVENTS

- November 9th -

Contact Jill in the First Selectman's office 860-399-3040
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Middlesex Hospital Strengthens Breast Program

With the addition of nationally recognized breast surgeon Kristen Zarfos, Middlesex Hospital is investing in its breast program and enhancing the services it offers.

Dr. Zarfos joins Dr. Andrea Malon, medical director of the Middlesex Hospital Cancer Center, and Dr. Chia-Chi Wang, a surgical oncologist, as surgeons who treat women who have breast cancer. Together, the trio - with years of surgery experience between them - provide compassionate, individualized care, and they aim to strengthen an already robust breast program.

All three surgeons are part of the Middlesex Hospital Surgical Alliance, and their goal is to coordinate care in a way that helps patients better navigate cancer diagnoses and treatments - in a way that eases fears and makes the process a little easier.

Dr. Zarfos is no stranger to Middlesex Hospital. Her first job after residency was at Middlesex, where she worked from 1987 to 1999. During that time, she became a leader in the national fight to force health insurers to cover Hospital stays for mastectomy patients, and she remains a passionate advocate for women's health issues.

Since early detection is key when it comes to all types of cancer, detection technology is at the forefront of Middlesex Hospital's breast program. The Hospital offers 3D mammography machines at all of its Radiology locations. These 3D machines detect 40 percent more invasive cancers than 2D machines, which are no longer used by the Hospital. Middlesex also offers dual-head molecular breast imaging, which uses a radioactive tracer to better detect breast cancer cells in women with dense breast tissue.

In addition, services like genetic counseling are available to Middlesex patients, and caring nurse navigators at Middlesex Hospital Cancer Center help patients throughout their experience. The Cancer Center has locations in Middletown and Westbrook.

Shoreline Soup Kitchens & Pantries Meal Site

The First Congregational Church hosts a Shoreline Soup Kitchens and Pantries Meal Site every Friday evening from 6:00 – 7:00 pm. Join us at 1166 Boston Post Road, Westbrook as often as you like for a hot, homemade meal. (860) 399-9367



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Connecticut Transition Academy

The Connecticut Transition Academy at Deep River (formerly Mount St. John school), has expanded to make its alternative school services available to more Connecticut students. The Academy's Day School and corresponding programs are now all co-educational, and cover Grades 1 through 12 and beyond.

The Connecticut Transition Academy is a Connecticut State Department of Education-approved school, serving students with a variety of special challenges; including autism, emotional disturbance, language-based learning disabilities, and ADD/ADHD.

Students are referred privately by their parents/guardians, or by their local school districts due to social, emotional, and educational challenges requiring specialized instruction and behavioral health support.

"Our new name is truly reflective of the services we provide," said Chief Administrator, Dr. Pamela L. Potemri. "Our highly individualized programs harness the strengths of the young people we work with, ensuring them the opportunity to transition to the next phase in their life."

In addition to academic instruction, students receive developmentally appropriate social and therapeutic support. For young students, this encompasses becoming comfortable



in social situations and learning relationship-building. Older students focus on completing high school requirements and building job readiness and independent living skills.

The Connecticut Transition Academy offers extended day and extended year programs, including summer camp and other enrichment opportunities, to allow students to maximize their progress. Students from every district are welcome, and the school also accepts private tuition.

The academy is located at 135 Kirtland St., on more than 80 acres overlooking the Connecticut River. For more information or to schedule a private tour, visit <http://cttransitionacademy.org> or call 860-343-1300.

4th Annual CRUISE BLUES & BREWS

To Benefit: **AT-RISK BOYS Fund**

COMMUNITY FOUNDATION of Middlesex County

All proceeds benefit the At-Risk Boys Fund at the Community Foundation of Middlesex County

SAVE THE DATE !

Hundreds of **Antique and Unique Cars**
Live Performances by CT's top **Blues Bands**
Food Court with a variety of **Up-scale Food Trucks**
Thimble Island Beer on Tap
Retail Market of **Unique Vendors**
Kids Zone Play Area
Interactive **Demonstration Booths**

To learn more: AtRiskBoysFund.org

September 29, 2018 Chester Fair Grounds
10:00 AM - 4:00 PM

Cruise Blues & Brews Festival

Most Family Friendly Event of the Entire Festival Season

The young and the young-at-heart are in for a great time at the 4th Annual Cruise Blues & Brews Festival, to be held Saturday, September 29, 2018, 10 am to 4 pm (rain or shine), at the Chester Fair Grounds.

This festival features hundreds of antique and unique cars on display, performances by Connecticut's top blues bands, a food court with a variety of up-scale food trucks, locally brewed craft beer on tap, a marketplace of vendors, a kid's play area full of activities, trophies, games and prizes.

All proceeds from Cruise Blues & Brews Festival support the At-Risk Boys Fund at the Community Foundation of Middlesex County. Established only five years ago, The At-Risk Boys fund has awarded over \$75,000 in grants to organizations throughout Middlesex County. These grants have helped hundreds of boys and young men achieve success and a better life.

The 4th Annual Cruise Blues & Brews Festival will be held Saturday, September 29, 2018, 10 am to 4 pm (rain or shine), at the Chester Fair Grounds. Admission: \$5 donation, children under 12 are free and tickets can be purchased at the gate during the Festival. To learn more about this fun-filled event or to make a donation please go to www.atriskboysfund.com.

Westbrook Tree Lighting Committee

SAVE THE DATE!

Sunday, December 2, 2018 / 4:00 pm at the Town Green.
Enjoy the Annual Holiday Parade Tree Lighting Ceremony
Visit with Santa & Mrs. Claus, sing Christmas Carols and make crafts!
Take a carriage ride and enjoy refreshments.
FREE!

Westbrook Events

SAVE THE DATE!

September 8th

Garden Club Mum Sale at the Town Green

October 13th

Westbrook Congregational Church Crop Walk/Fall Festival at the Town Green

December 2nd

Westbrook Tree Lighting -Town Green

The Connecticut Transition Academy at Deep River

is located on 80+ acres of pristine riverfront property. We want our community to share in this location.

We are offering our facilities to groups and organizations to rent. Proceeds from rentals go to support the educational and vocational endeavors at the academy.

Our campus and facilities are available for your upcoming event. Please contact us today for more information or visit our website at www.cttransitionacademy.org.



Contact Us Today!



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10th Anniversary

2018 Vista Tour de Shore

SUNDAY, OCTOBER 14

5, 25, 40 and 60 mile routes • Westbrook Elks Lodge

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Net proceeds from this event will benefit the Vista Endowment Fund.

Joey Logano – Inspiring others to do for others

by Sigrid Kun

Professional NASCAR driver Joey Logano started his racing career right here in Connecticut racing quarter midget cars and quickly made a name for himself. Starting at the age of six, the Middletown, CT native started winning championship after championship – to the point that, by the time he was 15, he was already on the radar with NASCAR racing legends. Now, he's always to be reckoned with on the NASCAR racing scene, competing full-time in the Monster Energy NASCAR series and part-time in the NASCAR Xfinity series.

THE STATS ARE IMPRESSIVE.

- Youngest driver to win a NASCAR Xfinity Series race - winning at Kentucky Speedway in 2008 when he was just 18 years, 21 days old and in only his third Xfinity Series start.
- 2009 Monster Energy NASCAR Cup Series Rookie of the Year
- Won the Daytona 500 in 2015 - Second youngest driver to win this race.
- 49 combined wins in NASCAR's top-three series

There is, of course, the glitz and the glamor that pervades NASCAR as a whole. And there's the occasional race-action controversy. And there are the ups and downs. After early successes (leading to the nickname, "Sliced Bread") and nearly winning a championship in 2016, Joey failed to make the playoffs in 2017. This year could mark a turnaround. Joey notched a win at Talladega Superspeedway in April, which ended a nearly year-long winless streak and, as of press time, he is sixth in the NASCAR Championship Point Standings.

But there's more to the 28-year-old than that. Joey and his wife Brittany, whom he married in 2014, welcomed their first child into the world this past January. Joey and Brittany have also been very committed to giving back. In a previous conversation, Joey mentioned, "If we can touch a few people's lives and help them become contributing members of our community and the world, it's really going to make a difference and it starts one person at a time." That's the crux of the Joey Logano Foundation that invests in organizations offering second chances to children and young adults during times of crisis and works to inspire others to live a life of generosity.

WHY SECOND CHANCES?

First, there was a life-changing visit to Joplin, Missouri in 2011 where Joey helped to rebuild a home for a local family following the tornado that devastated the area. That family needed a second chance. Little did Joey know that he would soon need his own second chance. He had been driving the No. 20 Toyota Camry for Joe Gibbs Racing since the 2009 season, but that ended in 2012. He received his second chance when he was picked up by Penske Racing in 2012. The following year, the Joey Logano Foundation was established.



Upper right: Joey Logano. Middle photo: Number 22 on the track. Bottom left: Joey and his wife Brittany at a Meet and Greet. Photos courtesy of the Joey Logano Foundation.

Since 2013, the foundation has invested almost \$2.7 million in various organizations across the country. Programs include inviting children who are facing tough situations (whether physically and/or emotionally) annually to a NASCAR race to be part of the crew for the day, supporting non-profit organizations during the 10-week NASCAR playoffs in each playoff race market, assembling and donating comfort care backpacks to foster and/or terminally ill children, and an annual fundraiser in Connecticut, called Driving Hope Home. A portion of the Driving Hope Home proceeds are donated to The Ronald McDonald House of Connecticut with the remaining proceeds donated to reputable charities the foundation supports to offer children in need a first or second chance. "It's our responsibility. You have to do it. If we're not going to do it, who else is going to be an advocate for these kids," says Brittany, who notes that first chances are important too. "They need a first opportunity in life. If we can shed light to this and inspire others to do the same, we can have a bigger impact than the two of us. That's our goal."

There is no doubt that Joey is a fierce competitor and a pure NASCAR racing talent. But don't overlook the other side. "When you are able to make a difference like that, you can see it in that person's face, how much it affects their lives - there's no better feeling than that," he observes. "I can talk about race wins as much as I want and how great that is but there's nothing better than that win - when you're able to affect something. That's a bigger win than any racetrack can get you."

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